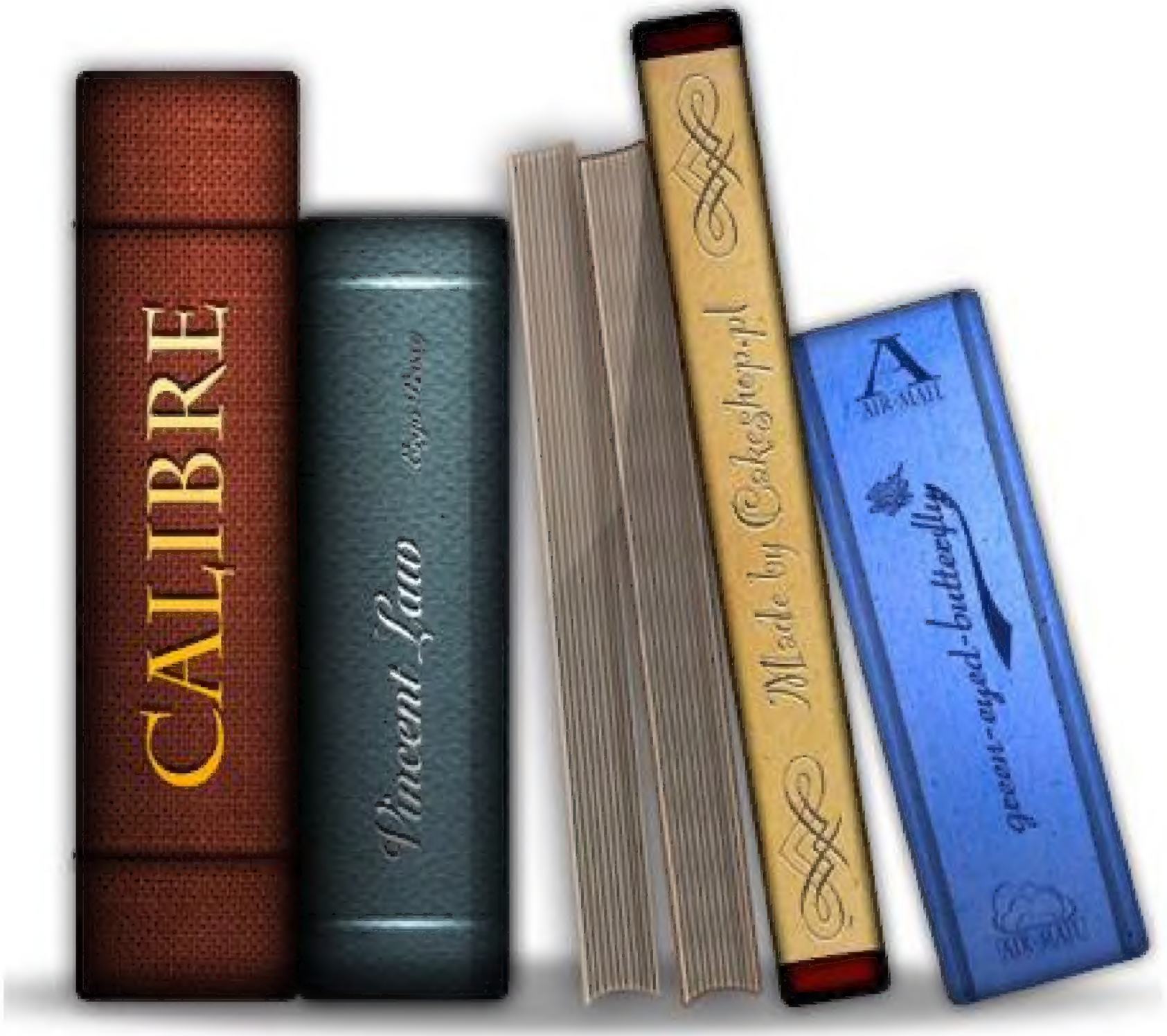
Prize Winning Recipe Sampler

Unknown

Book CCV of Cookery



calibre 0.8.13

E−Cookbooks Prize Winning Recipe Sampler

VJJE Publishing Co.

E−Cookbooks Prize Winning Recipe Sampler

Table of Contents

Introduction.....1

Personalized Cooking Aprons.....2

24 Hour Potato Salad 3

Amaretto Mousse Cheesecake 4

Apple Glazed Pork Roast 5

Apple Salad 6

Asparagus Casserole 7

Au Gratin Potatoes 8

Baked Potato Salad 9

Barley Casserole 10

Buttermilk Coffee Cake 11

Candied Apples 12

Cape Cod Apple Cranberry Pie 13

Cappuccino Cooler 14

Carmel Apple Dip 15

Chicken in Spiced Sauce 16

Chickin' Lickin' Good Pork Chops 17

Chinese Chicken Wings 18

Chocolate Kiss Pie 19

Chocolate Walnut Biscotti 20

Christmas Marmalade 21

C.M.P. Cake 22

Coconut Dream Cake 23

Cottage Cheese Pie 24

Table of Contents

Crab Stuffed Zucchini 25

Cranberry Nut Scones 26

Cream Cheese Cupcakes 27

Cucumber Boats 28

Easy Low-fat Chicken Cordon Bleu 29

Favorite Meatloaf 30

Green Chile Chicken Enchiladas 31

Green Chilies Rellenos Casserole 32

Hot Pecan Brownies 33

Italian Stir Fry 34

Kebab Stew 35

Michigan Sauce 36

Mitch Murray's Mad Tuna Salad 37

Onion Cranberry Relish 38

Paper Sack Chicken 39

Pepper Pork Medallions 40

Pimento Cheese Dip 41

Raspberry Inferno Sauce 42

Really Cool Shrimp Salad 43

Reuben Layered Salad 44

Sea Breeze Scrambled Eggs 45

Strawberry Pie 46

Stuffed Sausage Shells 47

Summer Strawberry Bread 48

Table of Contents

Sweet Potato−Pecan Casserole 49

Tomato Basil Soup 50

Veggie Latkes 51

Wild Rice and Mushroom Soup 52

Zucchini Chocolate Cake 53

Introduction

The E−Cookbooks Library

"Home To Over 100,000 World Class Recipes!"

Prize Winning Recipe Sampler

Get Over 100,000 More Recipes:

Visit The E−Cookbooks Library

We encourage you to pass along this e−cookbook

to a friend ... Show them you have good taste!

Free Recipes In Your Email!

Subscribe to the VJJE Recipe Weekly

and enjoy new recipes each week.

It's fun and it's FREE!

Click Here To Subscribe

Personalized Cooking Aprons

Personalized

Cooking

Aprons

"Make a mess −

protect the dress!"

We'll inscribe two lines of

YOUR text in a variety of

colors YOU choose. You

* Quality Material *

can be like a

* Durable Construction *

professional chef with a

* Cut Wide and Long *

name and title! Create a

* Extra−Long Ties *

* One Size Fits All *

personalized cooking

apron for yourself or as a

great gift idea for anyone

that cooks.

Click HERE For

Cooking Aprons

Personalized Cooking Aprons

2

24 Hour Potato Salad

1 medium head cabbage ... shredded fine

6 small potatoes .. boiled and thinly sliced

6 boiled eggs .. thinly sliced

1 onion .. sliced real fine .. in rings (or chopped small)

1 Bell pepper .. sliced thin in rings (or chopped real fine) Mayonnaise (this takes a LOT of mayonnaise)

Salt and Pepper

Place layer of shredded cabbage in round salad bowl, then a

layer of potatoes, layer of sliced eggs, layer of onion and Bell pepper rings.

REPEAT LAYERS. BETWEEN EACH LAYER, ADD A THIN LAYER

OF MAYONNAISE, SALT AND PEPPER TO TASTE.

Cover and Refrigerate 24−hours.

24 Hour Potato Salad

3

Amaretto Mousse Cheesecake

Macaroon Crust:

1 − 7 oz package of Coconut Lightly Toasted in the oven

1/2 cup of sliced almonds lightly Toasted in the oven

1 Can of Sweetened Condensed Milk

1/3 cup of flour

1/4 cup of margarine

Mix well and press into a springform pan and set aside

For Cheesecake:

1 envelope of Knox Gelatin

1/2 cup cold water

3 − 8 oz packages of cream cheese

1 − 5 oz can of evaporated milk

1/3 cup of Amaretto Liquor

1 −12 oz frozen whipped topping

1 1/2 cups of sugar

1 teaspoon of lemon juice

1 teaspoon of vanilla

Garnish:

whipped topping

marachino cherries

melted chocolate chips

Sprinkle Knox over cold water and set aside to soften, stir over low heat until dissolved. Beat cream cheese with sugar until fluffy, gradually add evaporated milk and lemon juice. Gradually beat in Knox mixture, Amaretto and vanilla until blended. Fold in the whipped topping. Pour into crust and chill. Garnish with "balls" of whipped topping dotted with marachino cherries and sprinkled with sliced almonds and drizzled with ribbons of melted chocolate chips.

Amaretto Mousse Cheesecake

Apple Glazed Pork Roast

2−3 lbs. pork loin roast (boneless)

2 Tablespoons flour

1 Tablespoon caraway seed

salt to taste

pepper to taste

2 Cups applesauce

2 Cups brown sugar

Mix salt, pepper, caraway seed, and flour together and rub in to roast. Set on counter for 30 minutes. Place in a 350 degree oven for 1 hour. Mix applesauce and brown sugar together and pour over the roast. Continue baking for an additional one

to one and a half hours or until done.

Apple Glazed Pork Roast

Apple Salad

1 − 20 oz can pineapple chunks

2 quarts chopped red−skinned apples (skins left on)

2 cups green seedless grapes, halved

1 1/2 cups toasted pecans

1 cup celery

1/2 cup chopped fresh parsley

Dressing:

1/2 stick butter

1/4 cup sugar

1 tablespoon lemon juice

2 tablespoons cornstarch

1 cup mayonnaise

Drain pineapple, reserving the juice and set chunks aside.

Prepare the dressing: In small sauce pan combine the pineapple juice, butter, sugar, and lemon juice and bring to a boil over medium heat.

In a small bowl combine the cornstarch and enough water to make a smooth mixture; add to the boiling juice. Reduce heat and cook until mixture is thick and smooth. Chill. Whisk in the mayonnaise.

(This can be done in advance.)

Place the pineapple chunks and the rest of the salad ingredients in a large bowl. Toss well; then mix in the chilled dressing.

Apple Salad

6

Asparagus Casserole

GUARANTEED TO THRILL EVEN THOSE WHO HATE ASPARAGUS

1 sleeve of Ritz crackers

1/2 lb sharp cheddar cheese

5 boiled eggs

1 can cream of mushroom soup

1 can of asparagus (bits is cheaper)

Make a crust of crackers in bottom of cassorole dish.

Drain asparagus and save juice. Place them on top of

crackers then layer with sliced boiled eggs, cheese

(sliced thinly), and cover with soup. Add another layer

of crackers and pour asparagus juice over top.

Bake at 350F for 40 min.

Asparagus Casserole

7

Au Gratin Potatoes

8 medium russets, peeled and sliced thin

(keep in cold water until needed)

In a large saucepan over medium heat, make a roux from:

3 tablespoons butter

3 tablespoons flour

Cook for a minute, it will be a paste mixture... Do not brown!

Stirring constantly, Slowly Slowly add:

2 1/2 cups of milk (2% is OK)

Stirring constantly add:

1 lb. of grated SHARP cheddar cheese

Keep stirring until all cheese is melted. Drain the potatoes and put into a BUTTERED large casserole dish. Add the sauce and stir to cover all the potatoes. Put in 350F oven for 2 hrs. If you don't like the top to get too brown, cover with foil after one hour.

Au Gratin Potatoes

8

Baked Potato Salad

8 potatoes

1/2 pound bacon

1 pound processed American cheese, sliced

1/2 onion, chopped

1 cup mayonnaise

salt and pepper to taste

1/4 cup black olives, sliced

Preheat oven to 325F. Butter one 9x13 inch baking dish.

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and slice 1/4 inch thick. Place bacon in a large, deep skillet. Cook over medium high heat until lightly brown. Drain, chop and set aside.

Combine the potatoes, cheese, onion, mayonnaise and salt and pepper.

Mix well and pour into prepared baking dish.

Top with bacon and olives, and bake at 325F for 1 hour.

Baked Potato Salad

9

Barley Casserole

1 box Pearled Barley − uncooked

3 Tbsp. Oleo

1 − 15 oz. can mushrooms, pieces & stems or sliced − drain with liquid going into a large measuring cup

1 small onion diced − or equivalent dried onion flakes

1 can Cream of Celery soup

1 Beef bouillion cube

2 Tblsp. dried Parsley Flakes

Salt & Pepper

Melt oleo and lightly brown uncooked barley in large frying pan.

Remove from heat.

Place bouillion cube in a cup and add just enough HOT water to dissolve the cube − set aside.

To the browned barley − add all the ingredients above EXCEPT for the mushroom liquid. This includes the dissolved bouillion cube as well.

Mix well. Pour into a greased, 2−1/2 to 3 qt. casserole dish.

Add water to the mushroom liquid to equal 4 cups. Add to the barley mixture, stir gently, cover.

Bake: 350 degrees for 90 minutes − stirring once halfway through baking time.

During baking if becomes too dry, add a little water. End results should be like cooked rice − moist but not dry or watery.

Barley Casserole

10

Buttermilk Coffee Cake

Preheat oven to 350 degrees

3/4 cup butter or margarine (softened)

2 cups sugar

3 cups flour

Mix into crumbs and put aside 1 cup for topping,

divide into two equal amounts. Put aside.

Then add to the rest of the crumbs;

1 cup of buttermilk and 1 teaspoon baking soda, mixing them

together first.

1 teaspoon of tartar

2 eggs

1 teaspoon vanilla

Mix all together, you may have to add a little more buttermilk, but don't have the batter runny, it should be a little on the thick side, but pourable.

Grease and flour two (2) 8 or 9 inch round cake pans, pour the batter into the pans and put the crumbs on top of both, pat

down a little.

Bake at 350 degrees for about 20 to 25 minutes or till a toothpick comes out clean.

These cakes are great for freezing. if you want to make ahead, and have extra's on hand. Wrap in Saran Wrap for best results, then put into a freezer bag.

Buttermilk Coffee Cake

11

Candied Apples

2 cups Light Corn Syrup

1 cup Granulated Sugar

1/2 cup Cinnamon Red Hot Candies

8 medium Red Delicious Apples, washed, skewered with sticks

Chopped Walnuts or Pecans, optional

Combine the corn syrup, sugar and red hot candies in a sauce pan and bring the concoction to a boil over medium−high heat, stirring constantly. Cook, covered for about 3 minutes to allow steam to dissolve crystals that may form on sides of pan.

Uncover and cook without stirring to the soft crack stage,

290F degrees on a candy thermometer or until syrup dropped in very cold water separates into threads that are hard but not brittle.

Allow the hot candy mixture to cool for 2 minutes, then dip the apples into the mixture to coat the surface of the fruit. Allow any excess candy coating to drip off from the apples into the sauce pan.

Roll the candy coated apples in nuts, if desired.

Place the candied apples on foil or wax paper squares to cool completely.

Candied Apples

12

Cape Cod Apple Cranberry Pie

1/ 2 cup sugar

2 Tablespoons flour

1/4 teaspoon cinnamon

1/4 teaspoon salt

1 teaspoon grated orange peel

1/2 cup maple syrup

1 Tablespoon butter

1 1/2 cups cranberries

3 cups sliced peeled apples

Pastry for 2 crust 9 inch pie

Combine first 7 ingredients. Cook 2 minutes, stirring until sugar dissolves. Add cranberries. Boil 2 minutes. Fold in apple slices and cool. Pour into pastry−lined 9 inch pan. Make lattice strips of pastry dough over filling. Trim edges. Bake at 425F 40−45 minutes.

Cape Cod Apple Cranberry Pie

13

Cappuccino Cooler

1 1/2 cups cold coffee (try flavored coffee too!)

1 1/2 cups chocolate frozen yogurt or ice cream

1/4 cup chocolate syrup

Crushed ice

In a blender, combine coffee, ice cream, and syrup.

Pour over ice (it has to be CRUSHED ice!). Garnish with

whipped topping and cinnamon, or shaved chocolate.

Cappuccino Cooler

14

Carmel Apple Dip

1 can sweetened condensed milk

1 cup dark brown sugar

1 cup dark corn syrup

1 tsp. vanilla

1 8 oz. package cream cheese

In heavy sauce pan add milk, brown sugar, corn syrup till well blended and boil for 3 minutes stirring constantly. Let cool in pan. Whip cream cheese until soft and add to the cooled

carmel. Blend together. Add chopped pecans or chopped

peanuts on top. Eat with granny smith apples.

Carmel Apple Dip

15

Chicken in Spiced Sauce

2 1/2 lbs. boneless chicken

3 tablespoons vegetable oil

l 1/2 tablespoon flour

1/3 cup salt−free canned tomatoes

1/3 cup water

1 tablespoon lemon juice

4 tablespoons chopped onion

3 tablespoons poultry seasoning

1/4 teaspoon paprika

1/8 teaspoon black pepper

1/8 teaspoon garlic pepper

Rice

Cut chicken into individual pieces. Heat oil in large

pan. Roll chicken in flour and brown in oil over moderate

heat. Add tomatoes and water, and cook 30 to 40 minutes

or until tender. Add remaining ingredients 15 minutes

before chicken is ready to serve. Serve over rice.

Chicken in Spiced Sauce

16

Chickin' Lickin' Good Pork Chops

6−8 lean pork chops (1 in. thick)

1/2 cup flour

1 tbsp. salt

1 1/2 tsp. dry mustard

1/2 tsp. garlic powder

2 tbsp. oil

2 cans chicken & rice soup (use more if you feel like it...) Dredge pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil in large skillet. Place browned pork chops in crock pot. Add soup. Cover and cook on low for 6−8 hours, or on HIGH for 3 1/2 hours.

Chickin' Lickin' Good Pork Chops

17

Chinese Chicken Wings

2 dozen chicken wings, cut in pieces at joint

(discard wing tips)

Mix together:

1/2 cup brown sugar

1/2 cup soy sauce

1 Tablespoon ground ginger

1 Tablespoon dry mustard

1/2 teaspoon garlic powder

Directions:

In large non−metal bowl, marinate wings over night. Place on cookie sheet close together and bake, uncovered for 60−90 minutes at 300 degrees F. Baste wings frequently.

Chinese Chicken Wings

18

Chocolate Kiss Pie

1 12−13−ounce package chocolate kisses

2 ounces milk

1 8−ounce package cream cheese

1 12−ounce carton frozen whipped topping, thawed

1 chocolate ready−made pie crust

Remove foil wrappers and melt kisses over medium heat in the milk. When melted, add cream cheese and stir until completely melted.

Rapidly stir in whipped topping with the heat off. (Be careful it doesn't burn). Pour into crust. Refrigerate until set. Serves 6−8.

Chocolate Kiss Pie

19

Chocolate Walnut Biscotti

4 oz. semisweet chocolate, coursely chopped.

1 cup granulated sugar

1 3/4 cups all purpose flour

1/3 cup unsweetened cocoa powder

1 teaspoon baking soda

1/4 teaspoon salt

3 eggs

1 teaspoon vanilla extract

2 1/2 cups coarsely chopped walnuts

Preheat oven to 300 F. Line a large baking sheet with parchment paper or waxed paper.

In a food processor fitted with the metal blade, combine the chocolate and sugar and grind until the chocolate is very fine.

Set aside. In a bowl, sift together the flour, cocoa powder, baking soda and salt. Set aside.

In a mixing bowl combine the eggs and the vanilla. Beat at medium speed to blend. Reduce the speed to low, add the chocolate and flour mixtures and mix until a stiff dough forms, adding the walnuts when about half mixed. Transfer the dough to a floured surface and gather it together. Divide in half. Form each half into a log 12 inches long. Carefully transfer the logs to the prepared baking sheet, spacing them evenly. Pat to even up the shapes. Bake until almost firm to the touch, about 50 min. Let cool for 10 min.

Leave the oven set at 300 F.

Using a spatula, transfer the logs to a work surface. Using a serrated knife, cut on the diagonal into slices 1/2−3/4 inch thick.

Return the slices cut−side down to the baking sheet. Bake for 25 min. Turn the slices over and bake until crispy and dry, about 25 min. longer.

Transfer the cookies to wire racks to cool. Store in an airtight container at room temperature for up to 1 month.

Makes about 2 1/2 dozen

Chocolate Walnut Biscotti

20

Christmas Marmalade

1 large lemon

1 large (20 oz.) can crushed pineapple

3 oranges

1 jar maraschino cherries, drained & cut up

1/2 cup chopped walnuts (optional)

6 cups sugar

1/2 cup water

Grind lemon and oranges. Add pineapple and 1/2 cup water.

Bring to a boil and cook about 45 minutes. Add 6 cups sugar and jar of cherries. Add nuts. Cook until it jells, about 30 minutes.

Pour into 4 or 6−ounce sterilized jars; seal and process according to jar manufacturer's directions.

Christmas Marmalade

21

C.M.P. Cake

CRUST:

2/3 cup ground peanuts

1 cup flour

1 stick margarine or butter (room temp.)

Mix as for pie crust, pat into 9x13 pan or glass casserole.

Bake 20 minutes at 350F.

LAYER #1:

1/4 cup peanut butter (creamy style)

1 − 8 oz. cream cheese (room temp.)

Cream until smooth add:

1/2 cup powdered sugar

Mix well, add:

1 − 8 oz. cool whip

Let stand before spreading on cool crust.

LAYER #2:

2 3/4 cup milk

1 small pkg vanilla instant pudding

1 small pkg chocolate instant pudding

Beat until smooth, spread on top of peanut butter mixture.

LAYER #3

1 – 8 oz. cool whip

Spread on top of pudding mixture. Sprinkle with crushed peanuts.

Refrigerate until firm and serve. May be frozen in advance.

C.M.P. Cake

22

Coconut Dream Cake

1 BOX DUNCAN HINES BUTTER RECIPE CAKE MIX

1 CAN COCO LOPEZ OR CREAM OF COCONUT

1 CAN SWEETENED CONDENSED MILK

1 SMALL TUB COOL WHIP

6 OZ. SHREDDED COCONUT

1/2 CUP CHOCOLATE SYRUP

BAKE CAKE ACCORDING TO DIRECTIONS, REMOVE FROM OVEN.

MIX COCO LOPEZ AND SWEETENED CONDENSED MILK. PUNCH

HOLES IN CAKE WITH STRAW OR FORK, POUR MIXTURE OVER

CAKE IMMEDIATELY WHILE STILL WARM, REFRIGERATE, UNTIL COOL,

POUR CHOCOLATE SYRUP OVER CAKE, FROST WITH COOL WHIP

AND SPRINKLE THE SHREDDED COCONUT OVER CAKE.

KEEP REFRIGERATED.

Coconut Dream Cake

23

Cottage Cheese Pie

4 eggs

1 cup sugar

4 teaspoons vanilla

2 tablespoons flour

1 can Pet milk (or any evaporated milk)

1 Lb. Cottage Cheese

Nutmeg

Beat first six ingredients well in a Blender. Pour into two (2) unbaked pie shells and sprinkle nutmeg over the tops. Bake in a very slow (250 degrees) oven for about one hour.

Cottage Cheese Pie

24

Crab Stuffed Zucchini

1/2 lb. imitation crab

4 zucchini (about 7")

2 eggs, beaten

1 cup shredded cheddar cheese

1/2 cup small curd cottage cheese

1/4 cup green onion, chopped fine, green part too

1/2 tsp. salt

dash pepper

Wash zucchini and trim ends. Cook until tender in

boiling salted water and cover for about 10 minutes.

Cut zucchini in half lengthwise, scoop out seeds and

drain zucchini shells. Combine crab and remaining ingredients.

Spoon into shells and bake on greased baking sheet at

350 degrees for 15 minutes, then 450 for 5 minutes.

Crab Stuffed Zucchini

25

Cranberry Nut Scones

2 cups all purpose flour

1/4 cup sugar

1 Tablespoon baking powder

1/4 teaspoon salt

1/3 cup cold butter or margarine (Butter is best)

1/2 cup chopped nuts (your choice, I use pecans)

1/2 cup dried fruit cut in small pieces (I use dried sweetened cranberries)

1 Tablespoon grated orange peel

l cup heavy cream (whipping cream)

In medium bowl, mix all dry ingredients and cut in butter till it looks like fine crumbs. Then add your dried fruit, chopped nuts & grated orange peel. With a fork mix in the cream, just till all ingredients are moist. Remove to knead about 8 times on lightly floured surface. Divide dough in half and pat into 2 − 6 inch circles.

Cut each circle into 8 triangles and place the triangles on an ungreased baking sheet leaving about 1 inch between them and bake about 15 minutes in 375 oven. Serve with jam of your choice.

You can also serve with Devonshire Cream:

Take 3 ounces of cream cheese and add 4 teaspoons of confectioners sugar and 1 teaspoon vanilla. Mix well and add about 1/3 cup heavy cream till smooth. Refrigerate till ready to eat. Place on top of scone with jam on top. Super delicious!!!!!!

Cranberry Nut Scones

26

Cream Cheese Cupcakes

3 – 8 oz. Pkgs. Cream cheese

5 eggs

1 cup sugar

1 1/2 teaspoons vanilla

Have cheese and eggs at room temperature. Blend cream cheese thoroughly and add eggs one at a time. Gradually add sugar and vanilla. Fill cupcakes to 1/4 inch of top. Bake at 300 degrees until top cracks (40 minutes). Remove from oven and cool 5 minutes.

Topping:

1/2 pint sour cream

1/4 teaspoon vanilla

1/2 cup sugar

1 can cherry or strawberry pie filling

Mix sour cream, vanilla and sugar. Spread on top of cupcakes and bake 5 minutes at 300 degrees. Top with pie filling and refrigerate.

For calorie/fat conscious individuals, low fat cream cheese, sour cream and egg substitutes can be used.

Cream Cheese Cupcakes

27

Cucumber Boats

2 large cucumbers (very straight)

2 oz. mushrooms chopped finely

1 large tomato, chopped finely

2 spring onions (scallions), chopped finely

1 clove garlic, crushed or chopped very finely

1/4 cup plain yogurt

3 oz. Gruyere (or other mild) cheese, grated

Quarter the cucumbers but do not peel. Scoop out the seeds to make hollows. Discard the seeds. Simmer cucumber quarters for 7−8 minutes until slightly tender. Drain upside down on kitchen paper and cool.

Refrigerate until ready to fill.

Mix all other ingredients except cheese. Refrigerate for 30 minutes.

Then fill the 'boats' with the mixture. Cover tops of 'boats' with grated cheese and place under very hot grill/broiler until cheese is melted and bubbling slightly.

Serve immediately as an appetizer with hot crusty French bread.

Cucumber Boats

28

Easy Low−fat Chicken Cordon Bleu

4 boneless, skinless chicken breasts

8 slices thin deli ham

4 slices low fat swiss cheese (can use regular Swiss Cheese, too!) Butter Buds (regular butter works fine, too, but forget the

"low fat" title, then!)

Shredded Wheat biscuits (large ones), crumbled

Pound chicken breasts with kitchen mallet to tenderize and flatten.

On each breast, place 2 pieces of the ham (spread out to cover breast), 1 slice Swiss Cheese (place in the middle). Roll each breast up and secure with toothpick. Dip each rolled breast into Butter Buds (made with liquid), then roll in Sredded Wheat. Bake at 350 degrees for about 30 minutes, until browned.

Easy Low−fat Chicken Cordon Bleu

29

Favorite Meatloaf

1 1/2 pounds lean ground beef

1/2 pound ground sausage

1/3−1/2 package seasoned bread crumbs

1−2 eggs

1−2 tablespoon milk

1/4 cup ketchup

1 finely chopped onion

1/2 finely chopped green pepper

1 clove garlic, pressed and finely chopped

1−2 tablespoons steak sauce

1−2 tablespoon Worcestershire sauce

1−2 cups grated cheddar cheese

4−6 slices uncooked bacon

Mix everything together (except the bacon) until uniformly blended. Shape into a loaf and place in a large loaf pan or baking dish. Lay the bacon side by side lengthwise on top of the meatloaf. Cover with aluminum foil and bake at 350F for 1 hour. Then uncover and bake an additional half hour.

Favorite Meatloaf

30

Green Chile Chicken Enchiladas

12 corn tortillas

1/2 cup oil

12 ounces Monterey Jack cheese, shredded

3/4 cup onion, chopped fine

1/4 cup butter

1/4 cup flour

2 cups chicken broth

4 ounces green chile, chopped

1 cup sour cream

3 chicken breast halves without skin, boiled and shredded

chopped green onion and cilantro, garnish

Cook tortillas in hot oil until softened (5 seconds, one at a time) Place some chicken, cheese, and onion on each tortilla and roll up.

Place seam side down in greased baking pan.

Melt butter, add flour, stir well. Add broth; cook till thick. Stir in sour cream and chiles. Stir until heated. Pour over enchiladas.

Bake at 375F for 20 minutes or until heated through. Put remaining cheese on top and return to oven for 5 more minutes. Garnish with chopped green onions and cilantro.

Green Chile Chicken Enchiladas

31

Green Chilies Rellenos Casserole

3 – 7 oz. cans of Old Elpaso whole Green Chilies

1/2 Lb. Grated Sharp Cheddar Cheese (large grate)

1/2 Lb. Grated Monterey Jack Cheese (large grate)

1 – 12 oz Can Evaporated Milk

4 eggs, separated

3 Tablespoon Flour

2 cups Tomato sauce

1/2 teaspoon Salt

(Open Chilies and remove seeds)

Using a 13x9 glass casserole dish, cover the bottom with

1/2 of the Chilies. Cover Chilies with 1/2 of the Cheddar Cheese.

Now add 1/2 the Monterey Jack Cheese.

Layer on your remainder of Chilies−Cheddar−and Jack.

Beat egg yokes; add Milk, Flour, salt and mix. Beat egg whites to soft peeks and carefully fold into flour mixture.

Pour this over top of Chili Cheese layers and bake covered at 325F for 1 Hr. Uncover, add Tomato sauce, and return to 325F oven uncovered for 1/2 hr. Let cool for 15 min. and enjoy.

Green Chilies Rellenos Casserole

32

Hot Pecan Brownies

For chocolate sauce:

3/4 cup packed dark brown sugar

1/4 cup unsweetened cocoa powder

1 cup water

1 cup heavy cream

2 tablespoons vanilla

1/2 teaspoon instant coffee

For brownie layer:

1 cup all−purpose flour

3/4 cup granulated sugar

1/4 cup unsweetened cocoa powder

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup well−shaken buttermilk

1/2 stick unsalted butter, melted

1 teaspoon vanilla

1/2 cup pecans, toasted and chopped

Preheat oven to 350 degrees F.

Stir together sauce ingredients with a pinch of salt in a sauce−pan and bring to a simmer over moderate heat, stirring occassionally until smooth. Remove from heat and keep hot, covered.

Sift together flour, sugar, cocoa and baking powders, and salt into a large bowl. Stir in buttermilk, butter, vanilla, and nuts until just blended. Spread batter in a greased 8"x8" pan and pour hot sauce on top. Bake in middle of oven until the top is firm a dry to the touch (brownie layer will rise to the top, and sauce will sink), 35−40

minutes. Cool in pan on a rack 15 minutes. Spoon brownies and sauce onto plates and serve with ice−cream and nuts.

Hot Pecan Brownies

33

Italian Stir Fry

Serves 2 (or 3 light eaters)

1/2 pound mild Italian sausage

1 clove garlic, minced

1/2 teaspoon Italian herbs

1/2 cup each green, yellow and red bell peppers, cut into

1/2 to 3/4 inch chunks (or 1−1/2 cups green if yellow

and red aren't available)

1/2 medium onion, cut into 1/2 to 3/4 inch chunks

3 or 4 medium mushrooms, sliced

Brown sausage in nonstick skillet over medium high heat,

breaking it up as it cooks. Drain off fat. Add garlic and herbs.

Stir well. Add peppers, onions and mushrooms. Cook quickly until vegetables are just crispy tender.

Serve with a side of fresh cooked vermicelli topped with a tomato pasta sauce (I use Five Brothers' Marinara with Burgundy Wine), and fresh grated Parmesan cheese.

Italian Stir Fry

34

Kebab Stew

2 LBS EGGPLANT (LONG)

2 LBS MEDIUM FAT GRAUND BEEF

1 LARGE ONION

3 TOMATOES (CUT IN 4)

1 TABLESPOON TOMATO PASTE

SALT + PEPPER

1 TABLESPOON BUTTER

1 LEMON JUICE

PEEL EGGPLANTS, CUT LONGWISE AND THEN 2 INCH THICK.

IN A SEPERATE BOWL COMBINE GROUND BEEF WITH SALT AND

PEPPER. ON A SKEWER, PUT ONE EGGLANT, ONE WALNUT SIZE

BEEF BALL. AND THEN 2 EGGLANT, ONE BEEF BALL. REPEAT.

(TOTAL 3 BEEF BALLS AND 6 EGGPLANTS)

ON CHARCOAL, BARBECUE THE SKEWERS. ALSO, BARBECUE

THE TOMATOES ON SKEWERS.

IN THE MEANTIME, PUT A CASSEROLE ON THE STOVE TOP WITH

1 TABLESPOON BUTTER. WHEN MELTED PUT DICED ONIONS,

STIR UNTIL SOFTENED, THEN PUT TOMATO PASTE, 1 MINUTE

LATER PUT WATER (3 CUPS). WHEN ALL THE SKEWERS

ARE BARBECUED, PUT THEM IN THE CASSEROLE AND COOK

FOR 20 MINUTES, THEN ADD LEMON JUICE. SERVE WITH PLAIN RICE.

Kebab Stew

35

Michigan Sauce

2 lbs. Ground Beef

4 teaspoons chili powder

1/2 teaspoon garlic powder

2 − 8 oz cans of tomato sauce

1/2 teaspoon ground cumin

1/2 teaspoon onion powder

Add all ingredients in a large pan. (Do Not brown the ground beef before adding the other ingredients.) Bring ingredients to a boil over a medium high heat, stirring often to keep from burning. Turn heat to low and simmer as you would for a good spaghetti sauce.

Serve on top of a hot dog on a bun with mustard and diced onions (if desired) or you can serve it with just the bun (called a sauce burger). Can be frozen and taste even better after reheating.

Michigan Sauce

36

Mitch Murray's Mad Tuna Salad

1 cup Tuna in oil (drained and flaked)

1 cup creamed cottage cheese

1/2 cup Mayonnaise

1/4 cup finely chopped green onions

1/4 finely chopped fresh celery

1/2 cup roughly chopped Blue Diamond Barbecue Flavor Almonds 5 chopped fresh radishes

Garlic Salt and Black Pepper

Carefully fold all ingredients together until well mixed.

Refrigerate and don't dare eat any of it until tomorrow, y'hear?

It's worth waiting for. Trust me.

Mitch Murray's Mad Tuna Salad

37

Onion Cranberry Relish

1 tablespoon vegetable oil

2 small yellow onions, about 3/4 pound, finely diced

1/2 teaspoon salt

1/2 cup light brown sugar

1/4 cup balsamic vinegar

1 cup apple juice

1/4 cup raisins

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

1 cinnamon stick

6 ounces fresh cranberries (half of a 12−ounce package)

Oil a skillet with a thin coating of oil. Heat over medium−high heat for 2 minutes. Add the onions and stir for 4−5 minutes until they begin to soften. Add the salt, sugar, balsamic vinegar, apple juice, raisins, ginger, cloves and cinnamon. Bring to a boil, reduce heat, cover and simmer for 15 minutes. Rinse the cranberries under cold water; remove any soft or mushy berries. Add the cranberries to the onion mixture, cover and simmer for 5 minutes or until the cranberries have popped.

Transfer to a bowl. Cover and chill until ready to serve. Remove the cinnamon stick before serving.

Onion Cranberry Relish

38

Paper Sack Chicken

1 Chicken – cut up

Sauce:

3 tablespoons catsup

2 tablespoons vinegar

1 tablespoons lemon juice

2 tablespoons worcestershire sauce

3 tablespoons brown sugar

4 tablespoons water

2 tablespoons butter

1 teaspoon dry mustard

1 teaspoon chili powder

1 teaspoon paprika

1 teaspoon salt

Heat sauce. Dust cut–up chicken pieces well with flour, salt and pepper. Grease the interior of a common grocery bag (paper). Pour sauce over chicken and put pieces in the bag. Fold and fasten the end, lay it on a cookie sheet. Bake at 350F for 1 1/2 hours.

Slit sack open, fold back and serve.

Paper Sack Chicken

Pepper Pork Medallions

1 1/2 lb. boneless pork loin or leg steak (1/8 inch thich)

1/2 cup flour

1 cup sun dried tomatoes

Olive oil as needed

24 small mushrooms, sliced

6 shallots or 1 large onion, minced

1 1/2 cups chicken stock

3/4 cup cooking sherry

1/4 cup Worcestershire sauce

2 tbsp. chopped fresh parsley

1/4 tsp. each dried oregano, basil, thyme

1/4 tsp. each dried dill, rosemary

1/4 tsp. salt and ground black pepper

1/2 each sweet red, yellow and green peppers, julienned

Flatten pork medallions with your hand; lightly flour. Blanch tomatoes in boiling water for 2 minutes; drain and cut into thin strips.

Over medium low heat, saute medallions in oil 1 1/2 minutes per side, remove from pan and keep warm. In a large saucepan, over medium heat, saute mushrooms and shallots in 2 tablespoons oil 1 to 2 minutes. Stir in stock, sherry, tomatoes, Worcestershire sauce, parsley and seasonings. Add medallions and simmer 5 to 10 minutes.

Meanwhile, saute peppers in 2 tablespoons oil and use to garnish medallions. Serve over pasta or rice.

Pepper Pork Medallions

40

Pimento Cheese Dip

1 – 4 oz. can pimientos, chopped and oil reserved

1/2 cup mayonnaise

1/4 cup Durkee’s hot sauce

1 tablespoon Dijon style mustard

1/8 teaspoon cayenne

1 clove garlic, minced

1/3 cup freshly chopped parsley

2 teaspoons sugar

1/2 lb. grated mild cheddar cheese

1/3 lb. grated processed American cheese

Combine all ingredients except cheeses. Add grated cheeses and mix well. Moisten with reserved pimiento oil. Chill overnight to ripen flavor.

Pimento Cheese Dip

41

Raspberry Inferno Sauce

1/2 chipotle pepper

1 teaspoon adobo sauce

1/2 jalapeno; seeded

8 oz. raspberry preserves

Buy the chipotle peppers already in the adobo sauce, and use them in the recipe. Use a processor to mix and store refrigerated.

GREAT as a sauce for chicken wings!!!!!!!

Raspberry Inferno Sauce

42

Really Cool Shrimp Salad

2 Lbs. Medium Shrimp

1 Cup Miracle Whip

1/2 Cup Green Onions

1 Green Bell Pepper

1 Small Head of Lettuce

1 Medium Tomato

1/2 Cup Mozzarella Cheese

Peel, devein, and boil shrimp. Chop lettuce, bell pepper, tomato, green onions and shrimp, and mix together in bowl... Shred mozzarella cheese and add to salad.. Add miracle whip and mix together well.

Refrigerate for at least one hour and serve by itself or with your favorite seafood meal.....

Really Cool Shrimp Salad

Reuben Layered Salad

1 – 8 ounce Drained Sauerkraut

8 cups torn lettuce leaves

1/2 cup sliced green onions

1 medium tomato, diced

3/4 pound deli corned beef, cut in julienne strips

1 1/4 cups Thousand Island dressing

6 ounces shredded Swiss cheese

In a 9 X 13 inch dish, layer sauerkraut, lettuce, onion, tomato and corned beef. Carefully spread dressing. Sprinkle with cheese.

Refrigerate overnight.

Top with: Pumpernickel Croutons

Brush both sides of 6 slices of pumpernickel bread with 1/4 cup melted butter. Cut into cubes. Place on jelly roll pan and bake in a 350 degrees oven until crisp, stirring occasionally for about 15 minutes.

Reuben Layered Salad

Sea Breeze Scrambled Eggs

4 eggs

2 tablespoons milk

1/2 teaspoon dried tarragon

2 tablespoons butter

4 ounces imitation crab meat (shredded)

3 ounces cream cheese (cut in pieces)

salt and pepper to taste

Mix eggs with milk, tarragon, salt and pepper. In a skillet, melt butter over medium high heat. Add crab and warm while

stirring. Add egg mixture and scramble until about 80% done.

Stir in cream cheese and continue cooking until eggs are set and cream cheese is melted.

Sea Breeze Scrambled Eggs

45

Strawberry Pie

CRUST:

1 stick Butter or Margarine

1 cup Flour

1 cup chopped Pecans

Allow butter to come to room temperature. Beat butter and flour until combined. Add pecans, mix until combined. Press into lightly greased pie plate and bake 20 minutes at 350. Cool.

STRAWBERRY FILLING:

1 pint fresh Strawberries

1 bag Strawberry Gel

Clean, hull and slice berries, combine with gel.

CREAM FILLING:

1 8 oz. pkg. Cream Cheese (not light or fat free)

1 12 oz. container Cool Whip

1 cup Powdered Sugar

In mixer, beat cream cheese until smooth. Add sugar and beat until combined. Add Cool Whip and beat until combined and fluffy.

ASSEMBLY:

Into cooled pie crust layer, 1/2 of cream filling, all strawberry filling, top with remaining cream filling. Garnish with sliced strawberries (optional). Cover and refrigerate at least 2−3 hours.

Slice and serve. Yum! Yum!

Strawberry Pie

46

Stuffed Sausage Shells

1 pound Italian sweet sausage

1/2 cup chopped onions

4 slices bread, crumbled

1 egg

1/4 cup fresh parsley or 1 teaspoon dried

20 Jumbo Shells, parboiled and drained

2 jars (15 1/2 ounce) Ragu' Spaghetti Sauce, divided

1/4 cup Parmesan cheese

Pre−heat oven to 350 degrees

1. Prick sausage with fork and parboil in small amount of water, in covered skillet for 15 minutes. Drain. Chop sausage and fry along with onions, until brown and crumbly, stirring often. Spoon off excess fat. Add egg, bread, and parsley, and mix thoroughly.

2. Fill hot parboiled shells with sausage mixture, using a teaspoon.

3. Pour 1/2 Ragu Spagetti sauce into a 13 x 9 x 2 inch pan. Arrange shells in pan.

4. Pour remaining Ragu sauce over shells. Cover tightly with foil and bake for 30 minutes, or till hot and bubbly.

5. Remove foil; sprinkle grated parmesan cheese over top and bake uncovered for about 10 minutes more.

Serve with a salad and homemade bread.

These leftovers freeze very well.

Stuffed Sausage Shells

47

Summer Strawberry Bread

1/2 cup butter or margarine or solid white vegetable shortening 1 cup sugar

1/2 teaspoon almond or vanilla extract

2 eggs separated

2 cups flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 tsp salt

1 cup fresh crushed or diced strawberries

Cream butter, sugar and extract until fluffy. Beat in egg yolks.

Sift the remaining dry ingredients. Add the sifted ingredients alternately with strawberries to creamed mixture. Beat whites until stiff but not dry. Fold into berry mixture. Grease a loaf pan and line with greased wax or brown paper. Place batter into pan. Bake in a preheated 350F oven about 1 hour or tested done. Remove to rack to cool. Remove from pan after 15 minutes and let cool

completely. Freezes well. Great as is or toasted and spread with cream cheese.

Summer Strawberry Bread

48

Sweet Potato−Pecan Casserole

STEP I: MASH 2 CUPS COOKED SWEET POTATOES (ABOUT 6 MEDIUM)

STEP II: SCALD I CUP MILK. ADD 1 CUP BROWN SUGAR & 1/2 CUP

BUTTER.

COOL TO LUKEWARM

STEP III: COMBINE I & II. ADD THE FOLLOWING:

4 EGGS

1 teaspoon CINNAMON

1 teaspoon SALT

1/2 teaspoon NUTMEG

1/2 teaspoon ALLSPICE

1/3 CUP BROKEN PECANS

STEP IV: MIX WELL AND POUR INTO A GREASED CASSEROLE (1 1/2 QT.) (MAKES 6 – 8 SERVINGS)

* CAN BE COVERED AND FROZEN AS IS UNTIL USED.

(DEFROST BEFORE BAKING)

** BAKE AT 425 FOR 15 MINUTES, TURN DOWN OVEN TO 375F FOR

30 MINUTES LONGER OR UNTIL FIRM.

Sweet Potato–Pecan Casserole

Tomato Basil Soup

4 cups fresh tomatoes – peeled, cored and chopped

4 cups good chicken stock

10 (about) fresh basil leaves

1 cup heavy cream

1/4 pound unsalted butter

salt and pepper to taste

Combine tomatoes and stock in saucepan. Simmer 30 minutes. Puree, along with the basil leaves, in small batches, in a blender or food processor. Return to saucepan and add cream and butter, while stirring over low heat. Garnish with extra basil leaves and serve with your favorite bread.

Tomato Basil Soup

50

Veggie Latkes

2 medium russet potatoes

1 small carrot

1 small zucchini

3/4 cup shredded cabbage

1 small onion

1 large rib celery

1/4 cup flour

2 eggs

1/2 cup shredded mozzarella cheese

salt and pepper to taste

1/4−1/2 teaspoon granulated garlic

1/2 teaspoon parsley

With a sharp potato peeler, slice long thin pieces from the carrot and zucchini. Cut the celery into long very thin strips. Stack carrot, zucchini, and celery together and cut into 2 inch long pieces. Julienne the onion. When all vegetables are cut, grate the potatoes. Mix the grated potato with the flour and toss lightly. Add seasoning and remaining vegetables. Toss well to mix thoroughly. Beat eggs until well mixed. Combine with veggie mixture until eggs are well distributed.

Pour a little olive oil into a frying pan and heat over medium high heat.

When pan is hot, drop tablespoonfuls for the mixture into the pan, flatten with a spatula to the depth of a pancake. Don't make them too big or to thick for the middle will get mushy.

Fry until golden brown, then turn over and sprinkle with the cheese. Fry until second side is brown. Keep warm until the remainder of the batter is fried.

Serve hot.

You can adjust this recipe for whatever crispy vegetable you like and whatever seasonings you find appealing. Enjoy, these are practically guilt free!

Veggie Latkes

Wild Rice and Mushroom Soup

2 oz. Butter

1/2 lb. Carrots (diced fine)

1/4 lb. Leaks (diced fine)

1 pound sliced Mushrooms

1/2 cup Sherry

1/2 cup Flour

2 cups Wild Rice

3 qts. Vegetable Stock

1 qt. Heavy Cream

2 tbl. Fresh Thyme

3 tbl. Parsley

Cook rice in 2 qts. of water until just bloomed (about 40 min.).

Melt butter and saute carrots & leeks over medium−high heat for about 10 minutes. Add mushrooms and cook until soft; add flour and stir well.

Deglaze pan with sherry and reduce a little. Add vegetable stock and cook until blended − about 30 minutes. Add wild rice & heavy cream and bring back to heat. Add herbs and season with salt and pepper.

Wild Rice and Mushroom Soup

Zucchini Chocolate Cake

1 1/2 cups oil

1 2/3 cups sugar

4 eggs

2 cups flour

1/2 cup ground cocoa

2 teaspoons baking soda

2 teaspoons cinnamon

1 teaspoon salt

3 cups shredded zucchini

1 cup chopped walnuts

Mix together the oil, sugar and eggs. Mix the dry ingredients together.

Add the dry ingredients to the sugar mixture. Add the zucchini and walnuts and mix. Place in a greased 9' x 13' pan and bake at 350F

for 45−50 minutes.

Zucchini Chocolate Cake

53

E-Cookbooks.net

Give the Gift of Great Recipes

Welcome To The E-Cookbooks Library

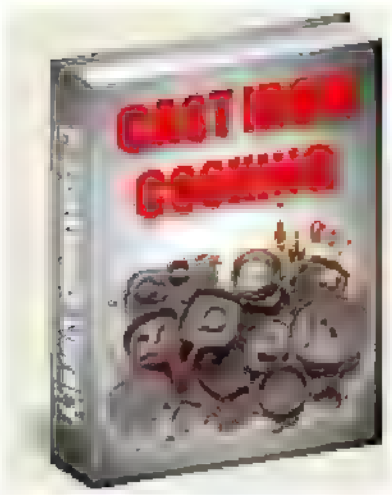
VJJE Publishing Co.

Home

Free Samples

Membership

Email Us



Welcome To The E-Cookbooks Library!

"I'm impressed! I'll never need to buy

"I'm cooking better now than I have in 30 years.

another cookbook ..." Harold Kozak - Rochester, MI

Thank You!" Betsy Crandall - Gainesville, FL

With over 100,000 world class recipes, the E-cookbooks Library is the leading source of cookbooks on the internet. Unlike most other recipe sites, you can **download entire cookbooks with just one click!**

Just A Few Of The Library E-Cookbooks:

Recently Added To The Library:

"Insider's Recipes Master Edition"

Updated on November 18, 2002

Make over 400 of your favorite restaurant and grocery foods at home! Surprise your family and friends with world famous recipes.

"The Hows & Whys Of Food and Cooking"

A huge reference for producing the best tasting foods, with the

"Thanksgiving:

least amount of effort. Find out the art and science of cooking and **A Celebration Of Food"**

baking.

This complete guide to what most

"The Grill Master"

Americans regard as the best-loved

Discover the secrets that professionals use for successful

feast of the year includes the traditional

barbecues, along with recipes for all kinds of foods to prepare on the recipes, plus regional classics covering

grill.

turkey, stuffings, gravies, side dishes,

"A Taste Of China"

vegetables, desserts, leftovers, and

Master the art of Chinese cooking! Over 100 authentic recipes are more!

offered from the finest chefs in China.

"The Professional Pizza Guide"

Anyone can prepare REAL pizzeria style pizza in their own

kitchen. Learn how to make the dough, sauces, toppings, and find out professional techniques.

"Cast Iron Cooking"

"Low Fat, No Hassle, Great Taste!"

No other cookware quite captures the

Yes, you CAN eat healthy without giving up the flavor! Hundreds spirit of American homestyle cooking.

of recipes for everyday NORMAL foods ... without the fat.

Durable and timeless, cast iron has

"Slow Cookin' Secrets"

been handed down from generation to

Turn your crock pot into a versatile cooking appliance! The

generation. Discover more than 300

number one source for slow cookin' recipes.

recipes along with the benefits, history,

"A Taste Of Italy"

care, and use of this rugged and

This collection features recipes from top Italian restaurants. Create romantic cookware.

the same dishes at home!

"The Essential Guide To Baking"

A valuable resource for baking breads, pies, cakes, and cookies.

You're guaranteed success by using these professional baker's secrets!

"The Country Inn Cookbook"

"Gifts In A Jar"

Discover hundreds of quaint recipes from country inns around the Great things come in edible packages

world. You'll enjoy the entertaining stories about "inn life".

"Cooking With Burt Wolf"

in this easy guide to making, wrapping,

and presenting beautiful gifts of food

As one of America's best-known and most trusted food reporters, for virtually any occasion. Make

each of Burt's recipes is meticulously tested and simple to prepare special, personal gifts that taste and

with easily acquired ingredients

look terrific!

"A Taste Of Mexico"

Go south of the border with authentic recipes from the Mexican heartland. Eat your heart out Taco Bell!

"The 1918 Fanny Farmer Cookbook"

http://www.e-cookbooks.net/library/?hop=lager.vjjepub (1 of 2) [11/28/2002 5:50:59 AM]

Welcome To The E-Cookbooks Library!

Written entirely by Fanny Farmer herself, discover over 1800

"I enjoy the new cookbooks. Keep 'em coming!"

recipes from the turn of the century.

"The New York Times Cookery Book"

Maria Benevitez - Crescent City, CA

This e-cookbook is one of those must haves with recipes covering everything from regional and ethnic foods to haute cuisine.

... and many, many more!

Becoming a member of the E-Cookbooks

Over 100,000 world class recipes

Library is as simple as clicking here.

in a wide variety of cookbooks!

Members Entrance | Clickbank Affiliate Program

Copyright © 2002 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041

Earn Extra $$$ By Giving Away Cookbooks!

Your Big Fat Commission Check Is Waiting ...

Got a web site? Link to us - and you will earn 50% commission (after transaction processing fees) on all sales you generate!

Don't have a web site? No problem - we'll supply you with a free e-cookbook with **your personal affiliate code** in the link to our sales page.

All you need to do is give them away!!

Our products **sell like crazy** so this can

quickly add up to **big money!**

Exactly how much money you will make will depend on how many visitors you get to your web site and how much interest our products are to your visitors *(Do you know anyone that **doesn't** cook?)*.

Most companies treat affiliate programs as an easy source of low cost advertising and just pay you 5% or 10% commission on their sales. But our program is a true partnership - and we put our money where our mouth is -

by sharing our sales revenue with you equally.

Three Easy Steps To Earn Extra $$$:

1. Join Clickbank Affiliate Program - FREE! All affiliate commissions and transactions are handled by Clickbank. You can view your sales at anytime through their web site. You will be able to pick out your own personal nickname which will identify you as the seller.

2. Email Us Your Nickname Once we know who you are, we'll create a sample e-cookbook with **your** nickname in the link to our sales page. In addition, you'll gain free access to our Affiliate Resources site where you can learn proven methods to sell the library. When you know your nickname, email it to us by clicking here.

3. Give Away Free Cookbooks The internet has literally **millions of sites** that are always looking for freebies. Thousands of ezine publishers love to give away free products to their subscribers. The more people you contact, the more money you'll make!

Have a Question? We'll Get You an Answer!

sales@e-cookbooks.net

Copyright © 2002 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041

9121 Riverside Road Clay, NY 13041

CLICKBANK.COM:

ClickBank Overview

| Login | Legal | Contact | Home |

What ClickBank Does

ClickBank is the online distribution center for over 10,000 digital products and services that are delivered entirely over the Internet itself (via web pages, files, or email).

Web businesses with digital products to sell (*vendors*) give us access to their product and place a special "Buy It At ClickBank" button on their web site. ClickBank is then able to sell these products directly.

Products are promoted through our network of over 100,000 online marketers (*affiliates*). Each vendor selects an affiliate commission percentage for their products in advance. Affiliates promote the products, and refer interested customers to the vendor's web site. The vendor's web site explains the product, and refers customers directly to ClickBank to buy it.

ClickBank makes the sale, pays the vendor, and pays the affiliate.

r Click HERE to learn more about becoming a vendor.

r Click HERE to learn more about becoming an affiliate.

ClickBank offers significant advantages over any combination of stand-alone solutions for billing, marketing, or affiliate management:

Quality Control

Affiliates can freely promote any product and be assured that they will be paid for every sale they generate. Vendors can freely accept new affiliates without fear of fraud or misrepresentation.

Advanced Security

Clickbank uses sophisticated international fraud control to screen all purchases. For maximum card security, all orders are sent directly to the banking network for immediate authorization. We do not store any credit card or bank account numbers.

Risk-Free Marketing

Since commissions are paid to affiliates only when a customer makes a purchase, the vendor's advertising expenditure is 100% effective.

Patented Technology

ClickBank's services are underpinned by four patents that protect key aspects of the system, including the linking of payment to the distribution of commissions.

r Click HERE to learn more about becoming a vendor.

r Click HERE to learn more about becoming an affiliate.

Copyright 2002 Keynetics Inc. / ClickBank ®

CLICKBANK.COM:

| Shop | Login | Legal | Contact |

Go Shopping

Browse our 10,000 item catalog.

Customer Service

Ask about a ClickBank purchase.

Register Products

Sell your products at ClickBank.

Make More Sales. Partner with ClickBank and you'll have an instant

Promote Products

affiliate network promoting your digital products. Among our top selling products, over Earn cash as a ClickBank affiliate.

50% of all sales are generated by affiliates.

Client Login

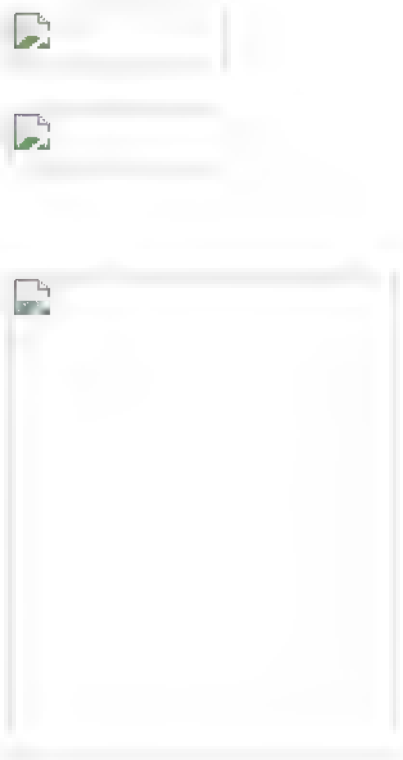
Earn Commissions. Earn sales commissions from 1% to 75% by linking See how much you earned today.

customers to your choice of over 10,000 digital products ClickBank sells. Sign up free and start earning commissions today!

Shop The Marketplace. Quality products, fast checkout, instant delivery, and complete security. Our marketplace features over 10,000 of the web's most popular downloadable products.

Copyright 2002 Keynetics Inc. / ClickBank ®

http://clickbank.com/ [11/28/2002 5:51:28 AM]



Enjoy Free Sample E-Cookbooks!

Enjoy this free sample and see

how useful e-cookbooks are!

Just read, print, and cook! Although this sample

is much smaller than those in the library, it's loaded with

great recipes. To view and print the recipes, you will need the Free

Adobe Acrobat Reader. (Just about all computers

already have the Free Adobe Acrobat Reader installed.)

Downloading Instructions: AOL and Explorer users will want to RIGHT

click the link, then click "Save Target As" and place it in your desired folder.

Netscape users should LEFT click and will be able to open it or save it to their computer.

Download sample.pdf

Becoming a member of the E-Cookbooks

Library is as simple as clicking here.

Copyright © 2002 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041

http://www.e-cookbooks.net/library/free.htm [11/28/2002 5:51:41 AM]

The E−Cookbooks Library Recipe Sampler

VJJE Publishing Co.

The E−Cookbooks Library Recipe Sampler

Table of Contents

Introduction.....1

Applebee's Tequila Lime Chicken 2

Aunt Jamima Maple Syrup 4

BBQ Beer Can Chicken 5

Bean Dip 6

Beer Batter Chicken Fingers 7

Big Red Popcorn 8

Bit−O−Honey Candy 9

Broiled Baby Back Ribs 10

Buffalo Style Shrimp 11

Carne Asada 12

Cheddar Baked Potato Soup 13

Cheesy Ham Hashbrown Casserole 14

Chicken Bryan 15

Chicken Noodle Casserole 16

Cinnabon Rolls 17

Cool Whip 18

Crab au Gratin 19

Deep Fried Mars Bars 20

Fish and Chips 21

Green Tomato Soup 22

Homemade Breakfast Sausage 23

Hostess Snowballs 24

Italian Wedding Soup 25

Table of Contents

Kettle Corn .....
..26

Loaded Baked Potato Skins 27

Low Fat Chicken Normandy 28

Low Fat Chocolate Chip Cookies 29

Montreal Steak Seasoning 30

O'Charlie's Hot Browns 31

Old Fashioned Peach Cobbler 32

P.F. Chang's Lettuce Wraps 33

Red Hot Crockpot Chili 35

Sauerbraten with Potato Pancakes 36

Shrimp Primavera 38

Spinach Dip .....
..39

Szechuan Chicken 40

Three-Milk Cake (Pastel de Tres Leches) 41

Tortellini Salad 42

Turkey Meatloaf 43

White Chicken Chili 44

Introduction

Discover our collection of 100,000 recipes, along with the Culinary Education Center and Wine Cellaret. Visit us at:

http://www.e-cookbooks.net/elibrary/

"So, how tasty does YOUR mousepad look?"

Explore our collection of food and cooking mousepads.

FLAVOR UP THAT DESK!!

http://www.e-cookbooks.net/mousepad/

=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=

Free Recipes In Your Email!

Subscribe to the VJJE Recipe Weekly and enjoy

new recipes each week. It's fun and it's FREE!

Click Here To Subscribe

=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=

We encourage you to pass along this e-cookbook

to a friend ... Show them you have good taste!

=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=+=-=

Email: webmaster@e-cookbooks.net

Copyright© 2002 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041

Introduction

1

Applebee's Tequila Lime Chicken

Marinade:

1 cup water

1/3 cup teriyaki sauce

2 tablespoons lime juice

2 teaspoons minced garlic

1 teaspoon mesquite liquid smoke flavoring

1/2 teaspoon salt

1/4 teaspoon ground ginger

1/4 teaspoon tequila

4 chicken breast fillets

Mexi−Ranch Dressing:

1/4 cup mayonnaise

1/4 cup sour cream

1 tablespoon milk

2 teaspoons minced tomato

1 1/2 teaspoons white vinegar

1 teaspoon minced canned jalapeno slices (nacho slices)

1 teaspoon minced onion

1/4 teaspoon dried parsley

1/4 teaspoon Tabasco pepper sauce

1/8 teaspoon salt

1/8 teaspoon dried dill weed

1/8 teaspoon paprika

1/8 teaspoon cayenne pepper

1/8 teaspoon cumin

1/8 teaspoon chili powder

dash garlic powder

dash ground black pepper

1 cup shredded cheddar/monterey jack cheese blend

2 cups crumbled corn chips or fried tortilla strips

Prepare marinade by combining marinade ingredients in a medium bowl.

Add the chicken to the bowl, cover and chill for 2 to 3 hours.

Make the mexi−ranch dressing by combining all of the ingredients in a medium bowl. Mix well until smooth, then cover dressing and chill it until needed.

When you are ready to prepare the entree, preheat the oven to high broil. Also, preheat your barbecue or indoor grill to high heat. When Applebee's Tequila Lime Chicken

the grill is hot cook the marinated chicken breasts for 3 to 5 minutes per side, or until they're done. Arrange the cooked chicken in a baking pan. Spread a layer of mexi−ranch dressing over each piece of chicken (you'll have plenty left over), followed by 1/4 cup of the shredded cheese blend. Broil the chicken for 2 to 3 minutes, or just until the cheese has melted.

Spread a bed of 1/2 cup of the tortilla strips or crumbled corn chips on each of four plates. Slide a chicken breast onto the chips on each plate and serve with your choice of rice, and pico de gallo, or salsa.

Applebee's Tequila Lime Chicken

Aunt Jamima Maple Syrup

2 cups water

1 cup sugar

2 cups dark corn syrup

1/4 teaspoon salt

1 teaspoon maple flavoring

Combine the first four ingredients in a saucepan over medium heat. Stir occasionally, until the mixture comes to a full boil. Let it boil for 7 minutes.

Turn the heat off and let the syrup cool for 15 minutes. Add the maple flavoring and stir. When completely cool, transfer the syrup to a covered plastic or glass container.

VARIATION: For syrup with a butter flavor, just add 3 tbsp. of butter to the mixture before heating. For a lighter syrup, use a sugar substitute instead of the regular sugar.

Aunt Jamima Maple Syrup

BBQ Beer Can Chicken

1 large whole chicken (4 to 5 pounds)

3 Tbs. basic rub for BBQ, or your favorite dry BBQ rub

1 can (12 oz.) beer

1½ cups mesquite chips, soaked in water to cover for 1 hour and drained Basic Rub for BBQ

½ cup kosher salt

½ cup sugar

½ cup ground black pepper

½ cup paprika

Remove and discard the fat just inside the body cavities of the chicken. Remove the package of giblets, and set aside for another use. Rinse the chicken, inside and out, under cold running water. Then drain and blot dry, inside and out, with paper towels. Sprinkle 1 Tbs. of the rub inside the body and neck cavities, then rub another 1 Tbs. of the mixture between the flesh and skin. Cover and refrigerate the chicken while you preheat the grill.

Set up the grill for indirect grilling, placing a drip pan in the center. If using a charcaol grill, preheat to medium. If using a gas grill, place all the wood chips in the smoker box and preheat the grill to high; then, when smoke appears, lower the heat to medium.

Pop the tab on the beer can. Using a "church−key" style opener, make 6 or 7

holes in the top of the can. Pour out the top inch of beer, then spoon the remaining dry rub through the holes into the beer. Holding the chicken upright, with the opening of the body cavity down, insert the beer can into the cavity.

When ready to cook, if using charcoal, toss half the wood chips on the coals. Oil grill grate. Stand the chicken up in the center of the hot grate, over the drip pan.

Spread out the legs to form a sort of tripod, to support the bird.

Cover the grill and cook chicken until fall−off−the−bone tender, approximately 2

hours. If using charcoal, add 10−12 fresh coals per side and the remaining chips after 1 hour.

Using tongs, lift the bird to a cutting board or platter, holding a large metal spatula underneath the beer can for support. Have the board or platter right next to the bird to make

the move shorter. Be careful not to spill hot beer on yourself.

Let stand for 5 minutes before carving the meat off the upright carcass. Toss beer can out along with the carcass.

BBQ Beer Can Chicken

5

Bean Dip

1 15−ounce can pinto beans, drained

4 bottled jalapeno slices (nacho slices)

1 tablespoon juice from bottled jalapeno slices

1/2 teaspoon salt

1/2 teaspoon sugar

1/4 teaspoon onion powder

1/4 teaspoon paprika

1/8 teaspoon garlic powder

1/8 teaspoon cayenne pepper

Combine drained pinto beans with the other ingredients in a food processor. Puree ingredients on high speed until smooth. Cover and chill for at least an hour before serving.

Bean Dip

6

Beer Batter Chicken Fingers

1 cup flour

1 cup beer

1/2 cup water

1 egg yolk

1 egg white, beaten until stiff

2 chicken breasts, skinless, boneless, cut into large strips 1/4 teaspoon salt

2 tablespoons Worcestershire sauce

2 tablespoons your favorite hot sauce

peanut oil (for deep frying)

Mix together flour and salt. Add the beer. Using a whisk, mix well and then add water and mix until smooth. Add the egg yolk and mix well. Add the beaten egg white and mix well. Place into refrigerator for at least 2 hours.

Mix the Worcestershire sauce and hot sauce together and add chicken strips. Allow chicken to marinate for at least 10 minutes. Roll chicken in your batter. Deep fry until golden brown, then drain on a paper towel. Serve with your favorite dipping sauce.

Beer Batter Chicken Fingers

7

Big Red Popcorn

6−7 quarts of popped corn

1 − 12 ounce package of cinnamon red hots candy

Sugar

1 stick (1/4 lb.) margarine or butter

1/2 cup corn syrup

1 teaspoon salt

1/2 teaspoon baking soda

1 teaspoon butter flavoring

1/8 − 1/4 teaspoon oil of cinnamon

Preheat oven to 250 degrees. Put red hots into a 2−cup measure and fill to the top with sugar. Boil all ingredients except soda and flavorings for 5 minutes. Remove from heat and add soda and flavorings.

Pour over popped corn. Bake at 250 degrees for 1 hour, stirring every 15 minutes.

Big Red Popcorn

8

Bit−O−Honey Candy

1 cup honey

1 cup chunky peanut butter

2 cups dry powdred milk

Melt honey and peanut butter together in microwave. Add dry

powdered milk and knead well. Roll out on wax paper. Cut in strips and roll into pillows. Wrap in wax paper to store.

Bit−O−Honey Candy

9

Broiled Baby Back Ribs

3 racks (about 1 pound each) pork baby−back ribs, each rack cut in half Barbecue Sauce:

1 cup catsup

1/4 cup cider vinegar

3 teaspoons each dark−brown sugar and Worcestershire sauce

1 teaspoon liquid smoke

1/2 teaspoon salt

1. Put ribs in a large pot with water to cover. Bring to a boil, reduce heat, cover and simmer 1 hour or until meat becomes fork−tender.

2. Meanwhile mix sauce ingredients in a medium saucepan. Bring to a boil, reduce heat and simmer uncovered, stirring often, 30 minutes or until slightly thickened.

3. Heat broiler. Line broiler pan with foil for easy cleanup. Place ribs, meat side down, on broiler−pan rack, brush with 1/2 the sauce and broil 4 to 5 inches from heat source 6 to 7 minutes. Turn ribs over, brush with remaining sauce and broil 6 to 7 minutes longer or until edges are just slightly charred.

Broiled Baby Back Ribs

10

Buffalo Style Shrimp

This recipe is for 12 shrimps, so you may want to double or triple it depending upon how many guests you expect:

Sauce:

1/4 cup Frank's hot sauce

1/4 cup butter

1/8 teaspoon paprika

dash black pepper

dash garlic powder

Combine in a small saucepan over medium heat until butter is mixed through. Cover, keep warm on low heat.

Shrimp:

12 uncooked large shrimp, peeled and de−veined

1 egg, beaten

1/2 cup milk

1 cup flour

Combine the egg and milk in a small bowl have the flour ready in a large gallon size zip lock bag.

Coat six of the shrimp with milk/egg then toss them in the bag of flour and shake well to coat. Leave them in there, and repeat the process with the next six shrimp. Make sure they are all nicely coated with flour.

Refrigerate about 5 minutes while your deep fryer heats up to 375 degrees.

Deep fry for 8−10 minutes, until shrimp tails are dark brown. Remove, drain, and toss gently with your prepared buffalo sauce. You can do this by shaking gently in a large tupperware container with a lid.

Buffalo Style Shrimp

11

Carne Asada

1 − 20 ounce top sirloin steak

2 tablespoons vegetable oil

1/2 teaspoon dried leaf oregano, crushed

1/2 teaspoon salt

1/4 teaspoon coarsely ground pepper

1/4 cup orange juice

1 tablespoon lime juice

2 teaspoon cider vinegar

2 orange slices, 1/2" thick

Place steak in a shallow glass baking dish. Rub with oil on each side. Sprinkle with oregano, salt and pepper. Sprinkle orange juice, lime juice, and vinegar over the steak. Cover and refrigerate overnight for best flavor or several hours, turning occasionally.

To cook, bring meat to room temperature. Prepare and preheat charcoal grill (or gas grill). Drain meat, reserving marinade. Place steak on grill. Top with orange slices. Occasionally spoon reserved marinade over steaks as they cook. Grill 3−4 minutes on each side, or until medium−rare. Cook longer if desired. Remove orange slices to turn steak. Replace orange slices on top of steak.

Carne Asada

12

Cheddar Baked Potato Soup

1 can Campbell's Cheddar Cheese Soup

1 can chicken broth

1 pound grated Cheddar Cheese

4 cups whole milk + 1 soup can

2 Tablespoons butter

2 Tablespoons Corn Starch

Salt, Pepper, Onion powder and Garlic salt − 1/2 teaspoon each 7 medium potatoes, diced to 1" and boiled

Add soup, 1/2 can broth, 1 can milk, and stir. Add in cheese, and milk. Stir in cornstarch with rest of broth, add to soup. Add spices and butter. Bring to a boil, reduce heat, and simmer for 15−20 minutes.

Add boiled potatoes, and simmer 15 minutes more. Top with chives and bacon bits. For the best taste, let cool and reheat.

Cheddar Baked Potato Soup

13

Cheesy Ham Hashbrown Casserole

1 (2 pound) package frozen hash brown potatoes, thawed

1 (8 ounce) package sliced ham, chopped

2 (10.75 ounce) cans cream of potato soup

1 (16 ounce) container sour cream

2 cups shredded sharp Cheddar cheese

1 1/2 cups grated Parmesan cheese

Preheat oven to 375 degrees F. Lightly grease a 9x13 inch baking pan.

In a large mixing bowl, combine potatoes, ham, potato soup, sour cream and cheddar cheese. Sprinkle with Parmesan cheese.

Bake in preheated oven until sauce is browned and top is browned, about 60 minutes. Serve immediately.

Cheesy Ham Hashbrown Casserole

14

Chicken Bryan

8 oz. chicken breast

Oil and vinegar grilling baste (or Italian salad dressing)

Dash of grill seasoning mix

2 − 3/4 oz. portions goat cheese

2 oz. lemon butter

Pinch of basil

10 − 12 pieces sundried tomatoes, julienned

Baste chicken breast on both sides, then season with grill seasoning mix. Grill on both sides. When chicken is halfway done on the second side, add two slices of goat cheese on top, to soften. Cook lemon butter, basil and sundried tomatoes over medium heat. Place chicken and goat cheese on serving plate, then drizzle with lemon butter, basil and tomato sauce. Serve with a side of pasta.

Chicken Bryan

15

Chicken Noodle Casserole

4 boneless chicken breasts

6 ounces egg noodles

1 (10.75 ounce) can condensed cream of mushroom soup

1 (10.75 ounce) can condensed cream of chicken soup

1 cup sour cream

salt to taste

ground black pepper to taste

1 cup crumbled Ritz crackers

1/2 cup butter

Poach chicken in a large pot of simmering water. Cook until no longer pink in center, about 12 minutes. Remove from pot and set aside. Bring chicken cooking water to a boil and cook pasta in it. Drain. Cut chicken into small pieces, and mix with noodles.

In a separate bowl, mix together mushroom soup, chicken soup, and sour cream. Season with salt and pepper. Gently stir together cream soup mixture with the chicken mixture. Place in a 2 quart baking dish.

Melt butter in a small saucepan, and remove from heat. Stir in crumbled crackers. Top casserole with the buttery crackers.

Bake at 350F for about 30 minutes, until heated through and browned on top.

Chicken Noodle Casserole

16

Cinnabon Rolls

ROLLS:

1/2 cup warm water

2 packages dry yeast

2 tablespoons sugar

3 1/2 oz. pkg. vanilla pudding mix

1/2 cup margarine, melted

2 eggs

1 teaspoon salt

6 cups flour

CREAM CHEESE FROSTING:

8 oz. cream cheese

1/2 cup margarine

1 teaspoon vanilla

3 cups confectioner's sugar

1 tablespoon milk

To make frosting, mix all ingredients until smooth.

In a bowl combine water, yeast and sugar. Stir until dissolved. Set aside.

In large bowl, take pudding mix and prepare according to package directions. Add margarine, eggs and salt. Mix well. Then add yeast mixture. Blend.

Gradually add flour; knead until smooth. Place in a greased bowl. Cover and let rise until doubled. Punch down dough and let rise again.

Then roll out on floured board to 34 x 21" size. Take 1 cup soft butter and spread over surface. In bowl, mix 2 cups brown sugar and 4 teas.

cinnamon. Sprinkle over top. Roll up very tightly. With knife, put a notch every 2". Cut with thread or knife.

Place on lightly greased cookie sheet 2" apart. Take hand and lightly press down on each roll. Cover and let rise until double again. Bake at 350F for 15−20 minutes. Remove when they start to turn golden.

DON'T OVER BAKE.

Frost warm rolls with Cream Cheese Frosting.

Makes about 20 very large rolls.

Cinnabon Rolls

17

Cool Whip

1 teaspoon gelatin

2 teaspoons cold water

3 tablespoons boiling water

1/2 cup ice water

1/2 cup nonfat dry milk

3 tablespoons sugar

3 tablespoons oil

Chill a small mixing bowl. Soften gelatin with 2 teaspoons cold water, then add boiling water, stirring until gelatin is completely dissolved.

Cool until tepid. Place ice water and nonfat dry milk in the chilled bowl. Beat at high speed until mixture forms stiff peaks. Add sugar, still beating, then oil and gelatin. Place in freezer about 15 minutes then transfer to refrigerator until ready for use. Stir before using to retain creamy texture. Makes 2 cups.

Cool Whip

18

Crab au Gratin

8 tablespoons (1 stick) butter

1/2 cup onion, minced

2 tablespoons all−purpose flour

1 cup milk, scalded

1/2 teaspoon salt

dash of white pepper

1/4 cup sherry

12 ounce crab meat

1 cup crackers, finely crumbled

1/2 cup cheddar cheese, finely grated

1) Crumble crackers between waxed paper with a rolling pin. Reserve just enough crumbs and cheese to top the casserole.

2) Melt 4 tablespoons of the butter in a large heavy skillet.

3) Add onion and saut for about 5 minutes or until golden.

4) Slowly add flour, stirring constantly over low heat.

5) When flour is blended, gradually add hot milk (scalded) and blend with a whip.

6) Continue stirring over low heat until the sauce begins to thicken.

7) Add salt, pepper, and sherry, and continue stirring in a bowl.

8) Mix crab meat, sauce, and the extra cracker crumbs and cheese.

9) Place in a lightly greased baking dish.

10) Sprinkle reserved cracker crumbs and cheese on the top of the casserole.

11) Dot the top with the remaining 4 tablespoons butter.

12) Bake uncovered at 350F for about 15 minutes or until the top is golden brown.

Crab au Gratin

19

Deep Fried Mars Bars

1 cup sifted flour

1 teaspoon salt

3/4 cup cold water

1/4 teaspoon baking powder

4 Mars or other caramel covered candy bars

Shortening or oil for frying

Mix flour, salt, and water until smooth, cover, and let stand at room temperature 20 to 30 minutes. Stir baking powder into batter.

Place shortening or oil in a deep fat fryer, insert thermometer, and begin heating over high heat. Dip candy bars into batter, allowing excess to drain off. Fry in 375F fat until golden and crisp. Drain on paper toweling.

Deep Fried Mars Bars

20

Fish and Chips

Matzo meal is the special ingredient that makes many London

fish−and−chips recipes what they are.

2 white fish fillets (e.g., cod, haddock, sole), each about 7 oz.

Oil for deep frying (peanut, canola, sunflower)

2 eggs, beaten

3/4 cup fine matzo meal

3 medium Russet potatoes

For fish: − Preheat oven to 200 F.

Pour at least five inches of oil into saucepan or deep fryer. Be sure to leave several inches at top, because the oil will bubble vigorously when the fish is introduced. Heat oil to 370F. Wash fish fillets and dry with paper. Slice fillets in half crosswise.

Dip them in beaten egg and then coat with matzo meal. Carefully place fillets in hot oil. Do not use more than two fillets at a time, because this will bring down oil temperature. Cook fish until a deep golden brown, about 8 minutes. Remove from oil, drain on paper towels,

and sprinkle with coarse salt. Keep fish warm in oven. For potatoes: Peel potatoes and cut into chips about the size of your index finger. Soak in cold water while fish is cooking.

When fish is done, drain potatoes and slowly place a third of them in hot oil. Cook potatoes until golden brown and crispy, about five minutes. Remove from oil, drain on paper towels, and sprinkle with coarse salt. Place potatoes in oven. Repeat process with two remaining batches of potatoes. Serve fish with chips on plate or newspaper. Sprinkle fish with malt vinegar.

Fish and Chips

Green Tomato Soup

3 cups green tomatoes, peeled & chopped fine

1 onion, chopped

1/4 teaspoon cinnamon

1/8 teaspoon cloves; ground

1 teaspoon sugar

1/4 teaspoon pepper

2 cups water

1/4 teaspoon baking soda

3 tablespoons butter

3 tablespoons flour

4 cups milk

Place in the saucepan; the tomatoes, onion, cinnamon, ground cloves, sugar, pepper and water. Bring to a boil and boil for 30 minutes.

Add the soda.

Melt the butter, add the flour. Mix and add the milk. Cook until creamy, stirring constantly. Add green tomatoes to the cream. Mix thoroughly. Salt to taste and serve.

Green Tomato Soup

Homemade Breakfast Sausage

Sage Sausage:

16 ounces ground pork

1 teaspoon salt

1/2 teaspoon dried parsley

1/4 teaspoon rubbed sage

1/4 teaspoon ground black pepper

1/4 teaspoon dried thyme

1/4 teaspoon crushed red pepper

1/4 teaspoon coriander

1/4 teaspoon MSG (Accent)

Hot Sausage:

16 ounces ground pork

1 teaspoon salt

1/2 teaspoon cayenne pepper

1/4 teaspoon rubbed sage

1/4 teaspoon ground black pepper

1/4 teaspoon crushed red pepper

1/4 teaspoon coriander

1/4 teaspoon MSG (Accent)

Maple Sausage:

16 ounces ground pork

3 tablespoons maple flavored syrup

1 teaspoon salt

1/2 teaspoon MSG (Accent)

1/4 teaspoon coriander

Combine all ingredients for the flavor of your choice in a medium bowl. Form the sausage into patties and cook in a skillet over medium heat until brown. Each recipe makes 1 pound of sausage.

Homemade Breakfast Sausage

23

Hostess Snowballs

4 egg whites

1/2 cup butter

1 cup sugar

1/2 teaspoon vanilla extract

1/2 teaspoon almond extract

Rind of 1 lemon, finely grated

2 cups sifted cake flour

1 tablespoon baking powder

2/3 cup milk

2 to 3 cups sweetened shredded coconut

Frosting:

1 (16 oz.) pkg. powdered sugar

1 (7 oz.) jar JET−PUFFED Marshmallow Creme

1/4 cup margarine or butter, softened

1 teaspoon vanilla extract

1 to 2 tablespoons milk

Preheat the oven to 350F. Butter and flour muffin tins or dome shaped baking molds and set aside.

Whip the egg whites in a clean bowl until stiff but not dry and place in the refrigerator while you make the rest of the batter.

Cream the butter and add the sugar. Continue mixing to blend well.

Add the vanilla extract, almond extract and lemon rind and mix well.

Sift the flour 3 times with the baking powder then add it to the butter mixture alternately with the milk in 3 additions. Fold in the whites and pour the batter into the molds, filling about 3/4 of the way up. Bake for 20 to 25 minutes until batter is firm to the touch in the center. Let cool in the pans then turn out so the top becomes the bottom (you may need to trim them a bit so they sit flat).

Frosting: Beat sugar, marshmallow creme, margarine or butter and vanilla extract with electric mixer at medium speed, beating in milk as needed to desired frosting consistency.

Place the coconut in a bowl and add 1 drop of red or green food coloring for a pale color. Toss until food coloring is well mixed in and the coconut is the desired color. Frost the top and sides of the cakes and dip/roll in coconut to make them look like snowballs.

Hostess Snowballs

Italian Wedding Soup

1 pound lean ground beef

1 egg (or 2 egg whites)

1/2 cup fresh bread crumbs or cracker crumbs

2 tablespoons grated Parmesan or Romano cheese

3 tablespoons grated onion

1 crushed clove of garlic or 1 teaspoon minced garlic

1 teaspoon crushed basil

1/2 − 1 teaspoons salt

1/4 teaspoon pepper

6 cups chicken broth

2/3 cup of riso (tiny pasta shaped like grains of rice)

1 cup chopped spinach (cut up bok choy may be used)

1 loaf good Italian bread

extra grated parmesan cheese

Combine first 9 ingredients and form into TINY meatballs,

about 1 cm, or 1/2 inch in diameter.

Bring to a slow boil in a 3−quart (liter) pan, the 6 cups

of well−seasoned chicken broth. (homemade) or 3 − 14 oz. cans seasoned with celery and onion.

Add the meatballs, and cook for a few minutes until done.

Remove the meatballs with a slotted spoon.

Add the riso and cook til almost done, about 5 minutes.

Add the meatballs and chopped spinach and cook a few minutes longer til spinach is done.

Butter and toast thick slices of Italian bread. Place a slice in each bowl and ladel soup over bread. Sprinkle each serving with parmesan cheese and serve.

Serve remaining toasted bread with the soup.

Italian Wedding Soup

25

Kettle Corn

2/3 cup raw popcorn

1/4 cup oil

1/4 cup sugar

Place oil and popcorn in a large skillet that has a tight fitting lid. The popcorn should barely cover the bottom surface. Heat over medium until the first kernel starts to pop. Quickly stir in the sugar until dissolved. Cover and continuously shake skillet while holding top. Be careful, this will burn much quicker than regular popcorn.

When you think all is popped, remove from heat. Spoon the popped corn into a bowl while shaking once in a while to let the uncooked kernels settle. Salt lightly, and break up into pieces.

(Note: This may take a little practice, but well worth the effort!) Kettle Corn

26

Loaded Baked Potato Skins

4 medium russet potatoes

1/3 cup sour cream

1 tablespoon snipped fresh chives

1/4 cup (1/2 stick) unsalted butter, melted

1−1/2 cups shredded cheddar cheese

5 slices bacon, cooked

Preheat the oven to 400F. Bake the potatoes for 1 hour. Let the potatoes cool down enough so that you can touch them. As the potatoes are baking, make the sour cream dip by mixing the sour cream and the chives. Place the mixture in a covered container in your refrigerator.

When the potatoes are cool enough to handle, make 2 lengthwise cuts through each potato, resulting in three 1/2 to 3/4 inch slices.

Discard the middle slices or save them for a separate dish of mashed potatoes. This will leave you with two potato skins per potato. With a spoon, scoop out some of the potato from each skin, being sure to leave about 1/4 inch of potato inside of the skin. Brush the entire surface of each potato skin, inside and out, with the melted butter.

Place the skins on a cookie sheet, cut side up, and broil them for 6−8 minutes or until the edges begin to turn dark brown. Sprinkle 2−3 tablespoons of cheddar cheese into each skin. Crumble the cooked bacon and sprinkle 1−2 teaspoons of the bacon pieces onto the cheese.

Broil the skins for 2 more minutes or until the cheese is thoroughly melted. Serve hot, arranged on a plate surrounding a small bowl of the sour cream dip.

Loaded Baked Potato Skins

27

Low Fat Chicken Normandy

Butter−flavored vegetable cooking spray

4 boneless, skinless chicken breast halves (about 4 ounces each) Salt and pepper, to taste

2 medium Granny Smith apples, unpeeled, cored, sliced

6 green onions and tops, sliced

2/3 cup apple cider or unsweetened apple juice

2 teaspoons chicken bouillon crystals

1 1/2 teaspoons dried sage leaves

2/3 cup fat−free half−and−half or 2% milk

2 teaspoons flour

6 packets Equal sweetener or equivalent

Sage or parsley sprigs, as garnish

Spray large skillet with cooking spray; heat over medium heat until hot. Saute chicken breasts until browned, 3 to 5 minutes on each side.

Season to taste with salt and pepper.

Add apples, onions, apple cider, bouillon, and sage to skillet; heat to boiling. Reduce heat and simmer, covered, until chicken is tender, 10 to 12 minutes. Remove chicken and apples to serving platter.

Continue simmering cider mixture until almost gone. Mix half−and−half, flour, and Equal in glass measuring cup; pour into skillet. Heat to boiling; boil, stirring constantly, until thickened, about 1 minute.

Season to taste with salt and pepper; pour over chicken and apples.

Garnish with sage. Makes 4 servings.

Nutrition information per serving: 240 cal., 29 g pro., 25 g carbo., 2 g fat, 66 mg chol., 676 mg sodium.

Food exchanges: 1 1/2 fruit, 3−1/2 lean meat.

Low Fat Chicken Normandy

Low Fat Chocolate Chip Cookies

2 3/4 cup all−purpose flour

1 teaspoon baking soda

1 teaspoon salt

1/2 cup unsweetened applesauce

1/2 cup fat−free sour cream

3/4 cup granulated sugar

3/4 cup firmly packed brown sugar

1 teaspoon vanilla

1/2 cup egg substitute

1 package (12 ounces) reduced−fat chocolate chips

Preheat oven to 375F. In a small bowl, combine flour, baking soda and salt; set aside. In a large mixing bowl, combine applesauce, sour cream, sugars, vanilla, and egg substitute. Add flour mixture to applesauce mixture. Stir until well blended. Stir in chocolate chips.

Using 2 spoons, drip by rounded teaspoonfuls onto a cookie sheet that has been sprayed with vegetable oil cooking spray. Note: Dough will be very sticky. Bake 9 − 11 minutes or until edges are golden brown. Yield: 60 cookies. Serving size = 1 cookie

Exchanges: 1 serving = 1 starch

Nutrition information per serving: 65 calories, 14 g carbohydrate, 1 g protein, 1 g fat, 0 mg cholesterol

Low Fat Chocolate Chip Cookies

Montreal Steak Seasoning

4 tablespoons salt

1 tablespoon black pepper

1 tablespoon dehydrated onion

1/2 tablespoon dehydrated garlic

1/2 tablespoon crushed red pepper

1/2 tablespoon dried thyme

1/2 tablespoon dried rosemary

1/2 tablespoon dried fennel

Mix together and store in a shaker. Shake or rub 1 tablespoon seasoning onto 1 pound steaks, pork chops and hamburgers

before grilling or broiling.

For a zesty marinade, add 2 teaspoons seasoning to 1/4 cup

olive oil and 2 tablespoons soy sauce. Add meat; marinate

45 minutes.

Montreal Steak Seasoning

30

O'Charlie's Hot Browns

1/3 cup butter or margarine, plus 1 tablespoon

2 eggs, well beaten

1 medium onion, chopped

1/3 cup flour

sliced cooked turkey or chicken

3 cups hot milk

1/4 pound American Cheese

Optional Toppings: Cooked Bacon, Parmesan Cheese, Paprika,

Tomato Slices

Melt butter in 2 quart pan over medium heat. Add onion and cook until soft. Add flour and blend to make a smooth paste. Add milk; stir and cook until thick and smooth. Stir in egg quickly or it will scramble and then add the cheese slices and remaining butter. Continue to cook, stirring often until it almost boils. DO NOT LET IT BOIL. Remove from heat and put a piece of wax paper in the pan on top of the sauce so a skin does not form. Sauce also thickens as it stands. Allow to sit for about 30 minutes.

To assemble: Toast 8 pieces of bread. Put 1 piece of toast in the middle of an oven proof plate. Put other piece, that has been cut on diagonal, on either side. Put meat on bread. Pour sauce over. Put bacon, parmesan cheese and paprika on top (if desired) Bake in oven at 400F for 5 minutes or so until it begins to bubble. Serve at once.

Add tomato slices if desired.

O'Charlie's Hot Browns

31

Old Fashioned Peach Cobbler

2 1/2 cups all−purpose flour

3 tablespoons white sugar

1 teaspoon salt

1 cup shortening

1 egg

1/4 cup cold water

3 pounds fresh peaches − peeled, pitted and sliced

1/4 cup lemon juice

3/4 cup orange juice

1/2 cup butter

2 cups white sugar

1/2 teaspoon ground nutmeg

1 teaspoon ground cinnamon

1 tablespoon cornstarch

1 tablespoon white sugar

1 tablespoon butter, melted

Sift flour, 3 tablespoons sugar and salt into a medium bowl.

Work in shortening with pastry blender until mixture is crumbly.

In a small bowl, whisk together egg and cold water. Sprinkle over flour mixture and work with hands to form dough into a ball.

Chill in refrigerator 30 minutes.

Preheat oven to 350F. Roll out half of dough to 1/8 inch

thickness and place in a 9x13 inch baking dish, covering bottom and halfway up sides. Bake for 20 minutes, or until golden brown.

Combine peaches, lemon and orange juice in large saucepan. Add 1/2 cup butter and cook over medium low heat until butter is melted. In a separate bowl, combine 2 cups sugar, nutmeg,

cinnamon and cornstarch. Stir into heated peach mixture, then remove from heat.

Roll remaining dough to a thickness of 1/4 inch. Cut into

half−inch−wide strips. Pour peach mixture into baked crust.

Top with dough strips interwoven in a lattice pattern. Sprinkle with 1 tablespoon sugar and drizzle with 1 tablespoon melted butter. Bake at 350F for 35 to 40 minutes, or until top crust is golden brown.

Old Fashioned Peach Cobbler

32

P.F. Chang's Lettuce Wraps

8 dried shiitake mushrooms

1 Teaspoon cornstarch

2 Teaspoon dry sherry

2 Teaspoon water

salt and pepper

1−1/2 pounds boneless, skinless chicken

5 Tablespoon oil

1 Teaspoon fresh minced ginger

2 cloves garlic, minced

2 green onions, minced

2 small dried chilis, (optional)

8 Ounce can bamboo shoots, minced

8 Ounce can waterchestnuts, minced

1 package cellophane Chinese rice noodles,

prepared according to package

Cooking Sauce:

1 Tablespoon Hoisin sauce

1 Tablespoon soy sauce

1 Tablespoon dry sherry

2 Tablespoon oyster sauce

2 Tablespoon water

1 tsp. sesame oil

1 tsp. sugar

2 tsp. cornstarch

Iceburg lettuce "cups"

Cover mushrooms with boiling water, let stand 30 minutes then drain. Cut and discard woody stems. Mince mushrooms. Set aside.

Mix all ingredients for cooking sauce in bowl, and set aside.

In medium bowl, combine cornstarch, sherry water, soy sauce, salt, pepper, and chicken. Stir to coat chicken thoroughly.

Stir in 1 tsp. oil and let sit 15 minutes to marinate. Heat wok or large skillet over medium high heat. Add 3 TBSP oil, then add chicken and stir fry for about 3−4 minutes. Set aside.

Add 2 TBSP oil to pan. Add ginger, garlic, chilies (if desired), and onion; stir fry about a minute or so. Add mushrooms, bamboo shoots and water chestnuts; stir fry an additional 2 minutes.

Return chicken to pan. Add mixed cooking sauce to pan. Cook until P.F. Chang's Lettuce Wraps

thickened and hot. Break cooked cellophane noodles into small pieces, and cover bottom of serving dish with them. Then pour chicken mixture on top of noodles.

Spoon into lettuce leaf and roll.

P.F. Chang's Lettuce Wraps

34

Red Hot Crockpot Chili

1 lb. bacon, cut up in small chunks

4 lbs. ground beef

4 (1 lb) cans kidney beans

28 ounces canned crushed tomatoes

12 ounces tomato paste

2 onions, finely chopped

4 ounces chili powder

4 ounces cayenne pepper (dry powder)

2 cans beef broth

2 fresh tomatoes

2 jalapeno peppers or serrano peppers, fresh

3 cloves garlic

1 tablespoon ground cumin

1 tablespoon oregano

1 1/2 tablespoons paprika

Fry the bacon until it starts to brown, then put it into the crockpot. In the bacon drippings, brown the ground beef. Put the ground beef, beans, crushed tomatoes, tomato paste, onions, chili powder, and the cayenne into the crockpot with the beef broth.

Cut the stems off the fresh peppers and cut them in two or three chunks. Place the peppers along with the garlic and whole fresh tomatoes into a food processor and puree the three ingredients.

Put this into the crockpot, stir to mix and let it all cook for 10−12 hours on low or 5−6 hours on high.

Red Hot Crockpot Chili

35

Sauerbraten with Potato Pancakes

5 pound top round

10 whole garlic cloves, peeled

1 quart red wine vinegar

2 cups julienned onions

1 small bundle of fresh thyme

4 bay leaves

1 tablespoon whole black peppercorns

1/4 cup sugar

4 cups beef stock

1 cup crushed gingersnap cookies

1 cup sour cream

Stud the roast with the whole garlic cloves, and season with salt and pepper. Place the roast in a deep glass bowl.

In a mixing bowl, whisk the vinegar, onions, herbs, and sugar together.

Whisk the liquid until the sugar dissolves. Pour the marinade over the roast and cover with plastic wrap. Place the roast in the refrigerator and marinate for 72 hours.

Remove the roast from the marinade. Strain the marinade. Place the roast in a braising pan. Add the beef stock to the strained liquid.

Pour the liquid over the roast and place in 325F oven. The liquid should cover 1/2 of the roast. Braise the roast covered for 2−3 hours.

Turn the meat several times and add additional stock if needed. Place pan with the braising liquid over a burner. Bring the liquid to a simmer.

Whisk the crushed gingersnaps into the liquid. Simmer the sauce for 2−3

minutes. Season with salt and pepper. Stir in the sour cream. Slice the roast and coat meat with some of the sauce. Serve the remaining sauce separately with potato pancakes.

Potato Pancakes

4 medium potatoes

1 medium onion

1 egg, lightly beaten

1 teas. salt

1/4 teas. nutmeg

1/4 teas. white pepper

1/2 teas. baking soda

Butter or bacon fat

Wash the potatoes and peel them, then drop them into cold water.

Let stand one or two hours. Drain. Grate the potatoes with a fine grater and press to squeeze out excess liquid. Peel and grate the onion into the potatoes and add the egg, seasonings and soda. Mix well.

Heat butter or fat in a large skillet and add one spoonful of the mixture for each pancake. They should not be too thick. Cook gently until golden brown on the bottom, turn, and brown the other side.

Allow to drain on paper towels, and keep warm until ready to serve.

Add more fat to the skillet and continue cooking the pancakes in this fashion until all the mixture is used

Shrimp Primavera

Sauce:

1/3 ounce butter or margarine

1 pack Knorr Romaglio Pasta (1 ounce) Sauce Mix (or similar) 28 ounces canned tomatoes, crushed

2 tablespoons lemon juice

1/4 teaspoon red chili pepper −− crushed

1/2 teaspoon dried basil

1/4 teaspoon dried marjoram

1/2 teaspoon black pepper

2 tablespoons butter

1/2 pound mushrooms, halved

1 cup green peppers, 1" squares

1 cup red peppers, 1" squares

1/2 cup yellow onion, 1" squares

1 pound linguini, cooked

1 pound medium shrimp, cooked, peeled and deveined

Melt butter in 3−qt pan over medium heat. Add remaining sauce ingredients. Stir well and simmer for 10 minutes. In a large saute pan, melt 2 tb butter. Saute veggies about 3 minutes until crisp yet tender. Add to the sauce and simmer 5 more minutes. When pasta is almost done, stir shrimp into sauce to heat through. Do not boil.

Spoon Shrimp Primavera sauce over hot linguini. Sprinkle with Parmesan.

Shrimp Primavera

38

Spinach Dip

8 ounces sliced mushrooms

3/4 cup diced yellow onion

2 tablespoons butter

1 teaspoon Italian seasoning

1 teaspoon lemon juice

1/2 teaspoon salt

1/2 teaspoon ground black pepper

2 (10−ounce) packages frozen, chopped spinach, thawed

2 cups cooled spinach dip sauce (see recipe below)

3/4 cup (6 ounces) sour cream

1/2 cup shredded mozzarella cheese

1/4 cup shredded Parmesan cheese

Saute the mushrooms and onion in butter with the Italian seasonings, lemon juice, salt and black pepper. When the mushrooms are tender they are cooked. Drain and cool.

Squeeze water from thawed spinach, making sure the spinach is completely dry. Combine the dry spinach with the cooled dip sauce, sour cream and cheeses. Add lemon juice and spices and the mushroom−

onion mixture.

Make the dip a day ahead to allow the flavors ample time to meld.

Also, the spinach mixture and the spinach dip sauce should be chilled before combining them. The spinach dip is best served warm with white corn tortillas and fresh salsa. Heat in a microwave or in a saucepan on the stovetop, stir frequently so that the mixture won't burn or stick to the pan

Spinach Dip Sauce:

In a small saucepan on medium heat, melt 2 tablespoons butter. Add 2

tablespoons minced shallots and 1 tablespoon minced garlic. Saute for 3 minutes. Slowly whisk in 3 tablespoons all−purpose flour to make a roux. Cook 4 minutes. While stirring, add 16 ounces (2 cups) heavy cream, 1 teaspoon ground white pepper, 1 teaspoon salt, 1/4 cup finely juliennned fresh basil and 1/4 cup freshly shredded Parmesan cheese.

Bring to a boil. Reduce the temperature to low and simmer for 6

minutes, stirring constantly to avoid sticking. Place the sauce in the refrigerator to cool until ready to assemble dip.

Spinach Dip

Szechuan Chicken

1 lb. boneless chicken breast, cubed

4−6 carrots, sliced into 1/4" pieces

1 can bamboo shoots

12−15 dried hot peppers

cooking oil

Sauce:

6 tablespoons soy sauce

2−3 tablespoons cornstarch

2−3 tablespoons powdered dry ginger

3 tablespoons sherry

Mix the ingredients for the sauce in a bowl.

Place the peppers and 1 tbsp. of cooking oil in a wok. Brown the peppers under medium−high heat and remove them to a plate. Add the cubed chicken and cook until pink color disappears (2−5 min). Remove the chicken from the wok. Add 1 tbsp. of oil to the wok, and add the carrots. Stir−fry until carrots begin to soften. (If you prefer soft vagetables, you can add several tablespoons of water to the carrots and steam them for 5 min. or so). Add the bamboo shoots and stir−fry 1−2 minutes.

Add the peppers, chicken, and the sauce to the wok. Stir over medium heat until the sauce thickens.

Szechuan Chicken

Three−Milk Cake (Pastel de Tres Leches)

1 1/2 cups all−purpose flour

1 tablespoons baking powder

4 eggs, separated

1 1/2 cups sugar

1/2 cup milk

Fresh strawberries and mint leaves for garnish

Topping (recipe follows)

Meringue (recipe follows)

Preheat oven to 350F. Grease and flour a 13−by−9−by−2−inch baking pan. Sift flour with baking powder. In large bowl with clean beaters, beat egg whites until frothy. Add sugar gradually, beating to form stiff peaks. Add yolks, 1 at a time. Slowly add flour and milk. Pour batter into prepared pan and bake until edges are golden brown, about 40 to 45 minutes. Remove from oven and let cool on a rack. Prepare Topping. Pour Topping over cake and let sit until all the mixture is absorbed, 20 to 30 minutes.

Prepare Meringue and refrigerate. Before serving, cut cake into squares and spread Meringue over each. Garnish as desired with fresh berries and mint leaves.

Topping:

1 (12−ounce) can evaporated milk

1 (14−ounce) can sweetened condensed milk

2 cups milk

1 (16−ounce) carton sour cream

Combine milks and sour cream (do not beat). Use as directed.

Meringue:

1 cup sugar

1/2 cup water, heated

3 egg whites

Combine sugar and water in a saucepan. Let sit until sugar is dissolved. In clean electric mixer bowl with clean beaters, beat egg whites. Slowly pour sugar syrup over egg whites, beating constantly until meringue holds stiff peaks. Store in refrigerator. This can be served

immediately but is best made 24 hours ahead and chilled. The meringue will keep, covered, 2 days in the refrigerator.

Three−Milk Cake (Pastel de Tres Leches)

41

Tortellini Salad

16 ounces cheese−filled tortellini

1 green bell pepper, thinly sliced

1 red bell pepper, julienned

1 small red onion, julienned

1/2 cup sliced black olives

1/2 cup crumbled feta cheese

1 boneless chicken breast half, cooked and sliced in

1/4 cup olive oil

2 teaspoons minced lemon zest

1/4 cup lemon juice

2 tablespoons ground walnuts

1 tablespoon honey

Cook pasta in a large pot of boiling salted water until al dente.

Drain and cool under cold water. Refrigerate until chilled.

Prepare the dressing in a small bowl by whisking together the olive oil, lemon zest, lemon juice, walnuts, and honey. Refrigerate until chilled.

In a salad bowl, combine pasta, peppers, red onion, olives, and chicken. Add lemon dressing and feta cheese, toss and serve.

Tortellini Salad

42

Turkey Meatloaf

3 cups chopped yellow onions

2 tablespoons good olive oil

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

1 teaspoon fresh thyme leaves

1/3 cup worcestershire sauce

3/4 cup chicken stock

1 1/2 tablespoons tomato paste

5 pounds ground turkey breast

1 1/2 cups plain dry bread crumbs

3 extra large eggs, beaten

3/4 cup ketchup

Preheat oven to 325F.

In a medium saute pan, on medium−low heat, cook the onions, olive oil, salt, pepper and thyme until the onions are translucent but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken stock, and tomato paste and mix well. Allow to cool to room temperature.

Combine the ground turkey, bread crumbs, eggs and onion mixture in large bowl. Mix well and shape into a rectangular loaf on an ungreased baking sheet. Spread the ketchup evenly on top. Bake for 1 1/2 hours until the internal temperature is 160 degrees and the meatloaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.

Turkey Meatloaf

43

White Chicken Chili

6 cups chicken stock

1 lb. bag great northern beans (soaked in water overnight)

2 medium onions, chopped

6 cups diced cooked chicken

2 jalapeno peppers, seeded and diced

2 diced chili peppers

1 1/2 teaspoons oregano

2 teaspoons cumin

1/4 teaspoon cayenne pepper

2 garlic cloves, minced

1 cup salsa

1 tablespoon vegetable oil

salt to taste

Simmer beans, half the onions, and half the garlic for 2 hours in the chicken stock or until the beans soften, stirring frequently. Add chicken and salsa. Saute peppers, spices, and the remaining onions and garlic in the oil and add to the chili. Simmer for one more hour.

Garnish with sour cream or Monterey Jack cheese.

White Chicken Chili

Join the E-Cookbooks Library Today!

The Top Ten Reasons Why E-Cookbooks

Start Your Membership In Minutes!

Are Better Than Paper Cookbooks:

How It Works: The E-Cookbooks

» **Convenience** - Just browse through the recipes, click Library is a members only site. After you

and print! Work off of only one sheet of paper in the kitchen.

enter your credit card information, you

» **Variety** - Where, except in a computer, would you be will be given a unique password / user

able to store 100,000 recipes in all sorts of cookbooks?

name combination and the location of

» **Easy Search** - Have your computer do your work for you!

the library. Upon entering, you are free

Find recipes by keywords instead of flipping through pages.

to browse the contents and download

any or all titles to your hearts content.

» **Lasts Forever** - Even if your computer crashes you can Return to the library at any time and get

always download again. This is a lifetime membership!

more. This is a lifetime membership!

» **World Class Recipes** - Virtually every top chef in the world has contributed their best recipes in our e-cookbooks!

» **Easy To Read** - By adjusting your printer options, you **Get ALL Of The E-Cookbooks**

can print the recipes in any size. No more squinting!

Library For Only $14.97 **$9.95!!**

» **Free Bonus Ebooks** - A wide variety of novels, self-help (**Order Now** - This special price is for a limited time) manuals, and classic literature are included in the library.

» **Economical** - The library offers you an opportunity to

Click Here To Order

organize your grocery list so you have all that you need.

» **Luggage Free** - No matter where you are in the world, (Credit Cards and Checks Accepted)

you can look up all your favorite recipes on any computer!

Order The Library On CD-ROM

... and the Number #1 Reason Why E-Cookbooks

(Windows CD-ROM and online access for **$19.95 only**

Are Better Than Paper Cookbooks:

$15.97!)

» **Cost** - For only **$14.97** (about half of what one paper **100% Satisfaction Guarantee:**

Try out the library for 30 days, and

cookbook costs) you get the library for a lifetime!

if you are not thoroughly delighted

with what we offer, your entire

Nicole F. wrote: "I just wanted to say "WOW!" This is amazing... I am so

membership fee will be refunded -

excited to have "stumbled" upon you... and the recipes are presented so

No Questions Asked. Keep all the

"cleanly"... just wow! Thank you! Nicole.

e-cookbooks you've downloaded

and enjoy them - **You Risk**

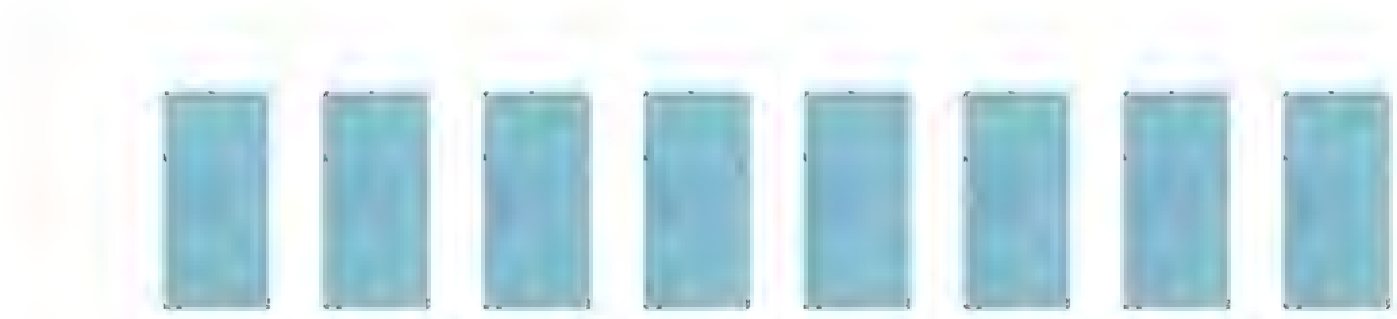
Nothing!

Copyright © 2002 by e-cookbooks.net All Rights Reserved.

e-cookbooks.net is a Division of VJJE Publishing Co.

9121 Riverside Road Clay, NY 13041

http://www.e-cookbooks.net/library/join.htm [11/28/2002 5:52:33 AM]



..

..

..

-

-

-

..

..

-

-

-

..

'

'

'

'

'

'

Adobe

Products
Support
Purchase
Company info

Search
Contact us

Acrobat family
Server products
Digital imaging
Digital video
Print publishing
Web publishing
Downloads
Tryouts
Registration

Acrobat

Should you consider Adobe® Acrobat® 5.0?

(It's much more than Acrobat Reader®.)

Order within 5 days to save $50USD!

✔ download Reader

or
Save $50USD
when you order Acrobat 5.0 in the next five days.

✔ order

Hurry! Offer ends

Acrobat 5.0

Adobe

Tools for the New Work™

Acrobat Family

[Text-only Acrobat Reader download page]

Download Acrobat Reader software, and you'll be able to view and print Adobe PDF (Portable Document Format) files. But with Acrobat 5.0 software, you can create your own PDF files, and do more with your documents. No matter what field you're in, Acrobat 5.0 can help you streamline your processes and communicate more effectively.

Engineering

Microsoft Office Users

Creative Pros

Converting CAD drawings,

Excange spreadsheets,

Create PDF files to share

Visio diagrams, and other

presentations, reports and

concepts, designs or

technical documents into

other types of documents

presentations, and be

Adobe PDF files is a simple, with anyone who has

assured that formatting,

secure way to exchange

downloaded a free copy of

fonts and images will stay

files - regardless of

the Acrobat Reader

intact. Plus, use electronic

platform. Plus markup tools software. Then use

tools to streamline reviews

let you share comments

electoronic review tools to

and production processes.

easily.

collect and collate comments

and approvals.

Terms and conditions: This offer is valid in the Adobe Store for customers in the US and Canada only. Limit of three (3) discounted copies of Acrobat 5.0 per customer, when Enter **Coupon Code: 0**

purchased at the same time. Prices listed in US dollars and do not include local taxes or in the Shopping Cart to

shipping. Adobe Systems Incorporated reserves the right to change the terms of this offer get your discount.

Offer good in US and

at any time with reasonable notice. Void where prohibited by law. Offer expires at 11:59

Canada only.

p.m. Pacific Time on .

Adobe, the Adobe logo, Acrobat Reader, and Tools for the New Work are either registered trademarks or trademarks of Adobe Systems Incorporated in the United States and/or other countries.

©2002 Adobe Systems Incorporated. All rights reserved.

http://www.adobe.com/products/acrobat/readstep.html [11/28/2002 5:52:53 AM]

Document Outline

- Table of Contents
- Introduction
- Personalized Cooking Aprons
- 24 Hour Potato Salad
- Amaretto Mousse Cheesecake
- Apple Glazed Pork Roast
- Apple Salad
- Asparagus Casserole
- Au Gratin Potatoes
- Baked Potato Salad
- Barley Casserole
- Buttermilk Coffee Cake
- Candied Apples
- Cape Cod Apple Cranberry Pie
- Cappuccino Cooler
- Carmel Apple Dip
- Chicken in Spiced Sauce
- Chickin' Lickin' Good Pork Chops
- Chinese Chicken Wings
- Chocolate Kiss Pie
- Chocolate Walnut Biscotti
- Christmas Marmalade
- C.M.P. Cake
- Coconut Dream Cake
- Cottage Cheese Pie
- Crab Stuffed Zucchini
- Cranberry Nut Scones
- Cream Cheese Cupcakes
- Cucumber Boats
- Easy Low-fat Chicken Cordon Bleu
- Favorite Meatloaf
- Green Chile Chicken Enchiladas
- Green Chilies Rellenos Casserole

- Hot Pecan Brownies
- Italian Stir Fry
- Kebab Stew
- Michigan Sauce
- Mitch Murray's Mad Tuna Salad
- Onion Cranberry Relish
- Paper Sack Chicken
- Pepper Pork Medallions
- Pimento Cheese Dip
- Raspberry Inferno Sauce
- Really Cool Shrimp Salad
- Reuben Layered Salad
- Sea Breeze Scrambled Eggs
- Strawberry Pie
- Stuffed Sausage Shells
- Summer Strawberry Bread
- Sweet Potato-Pecan Casserole
- Tomato Basil Soup
- Veggie Latkes
- Wild Rice and Mushroom Soup
- Zucchini Chocolate Cake
- e-cookbooks.net
  - Welcome To The E-Cookbooks Library!
  - Earn Extra $$$ By Giving Away Cookbooks!
  - Enjoy Free Sample E-Cookbooks!
  - The E-Cookbooks Library Recipe Sampler
    - Table of Contents
    - Introduction
    - Applebee's Tequila Lime Chicken
    - Aunt Jamima Maple Syrup
    - BBQ Beer Can Chicken
    - Bean Dip
    - Beer Batter Chicken Fingers
    - Big Red Popcorn
    - Bit-O-Honey Candy
    - Broiled Baby Back Ribs
    - Buffalo Style Shrimp

        - Carne Asada
        - Cheddar Baked Potato Soup
        - Cheesy Ham Hashbrown Casserole
        - Chicken Bryan
        - Chicken Noodle Casserole
        - Cinnabon Rolls
        - Cool Whip
        - Crab au Gratin
        - Deep Fried Mars Bars
        - Fish and Chips
        - Green Tomato Soup
        - Homemade Breakfast Sausage
        - Hostess Snowballs
        - Italian Wedding Soup
        - Kettle Corn
        - Loaded Baked Potato Skins
        - Low Fat Chicken Normandy
        - Low Fat Chocolate Chip Cookies
        - Montreal Steak Seasoning
        - O'Charlie's Hot Browns
        - Old Fashioned Peach Cobbler
        - P.F. Chang's Lettuce Wraps
        - Red Hot Crockpot Chili
        - Sauerbraten with Potato Pancakes
        - Shrimp Primavera
        - Spinach Dip
        - Szechuan Chicken
        - Three-Milk Cake (Pastel de Tres Leches)
        - Tortellini Salad
        - Turkey Meatloaf
        - White Chicken Chili
    - Join the E-Cookbooks Library Today!
- clickbank.com
    - CLICKBANK.COM:
    - CLICKBANK.COM:
- adobe.com
    - Acrobat Family

Table of Contents

Introduction.....
Personalized Cooking Aprons.....
24 Hour Potato Salad .....
Amaretto Mousse Cheesecake
Apple Glazed Pork Roast .....
Apple Salad .....
Asparagus Casserole .....
Au Gratin Potatoes .....
Baked Potato Salad .....
Barley Casserole .....
Buttermilk Coffee Cake .....
Candied Apples
Cape Cod Apple Cranberry Pie .....
Cappuccino Cooler .....
Carmel Apple Dip .....
Chicken in Spiced Sauce .....
Chickin' Lickin' Good Pork Chops .....
Chinese Chicken Wings .....
Chocolate Kiss Pie .....
Chocolate Walnut Biscotti .....
Christmas Marmalade .....
C.M.P. Cake .....
Coconut Dream Cake .....
Cottage Cheese Pie .....
Crab Stuffed Zucchini .....
Cranberry Nut Scones .....
Cream Cheese Cupcakes .....
Cucumber Boats .....
Easy Low−fat Chicken Cordon Bleu .....
Favorite Meatloaf .....
Green Chile Chicken Enchiladas .....

Green Chilies Rellenos Casserole .....
Hot Pecan Brownies .....
Italian Stir Fry .....
Kebab Stew .....
Michigan Sauce
Mitch Murray's Mad Tuna Salad .....
Onion Cranberry Relish .....
Paper Sack Chicken .....
Pepper Pork Medallions .....
Pimento Cheese Dip .....
Raspberry Inferno Sauce
Really Cool Shrimp Salad .....
Reuben Layered Salad .....
Sea Breeze Scrambled Eggs
Strawberry Pie
Stuffed Sausage Shells .....
Summer Strawberry Bread .....
Sweet Potato−Pecan Casserole .....
Tomato Basil Soup .....